

EXCLUSIVE! Coupons & Freebies Inside

**WIN
A \$10,000
SHOPPING SPREE**
Enter For A Chance To Win On Page 28

**YOUR
BACK-TO-SCHOOL
FASHION
PREVIEW**

926

WAYS TO GET

**Pretty,
Fun
Style!**

- ✓ Cute Tees
- ✓ Flirty Dresses
- ✓ Cool Shoes

**[MAKE
MORE
MONEY
FOR THE MALL]**

seventeen

Rihanna

**The Awesome Reason
She's So Happy Now**

Enter for a chance to
WIN TICKETS
To See Her In Concert!

**BONUS
MAG!**



**GET YOUR
BEST BODY**
By The First Day
Of School

FREE LIP GLOSS
See P. 10

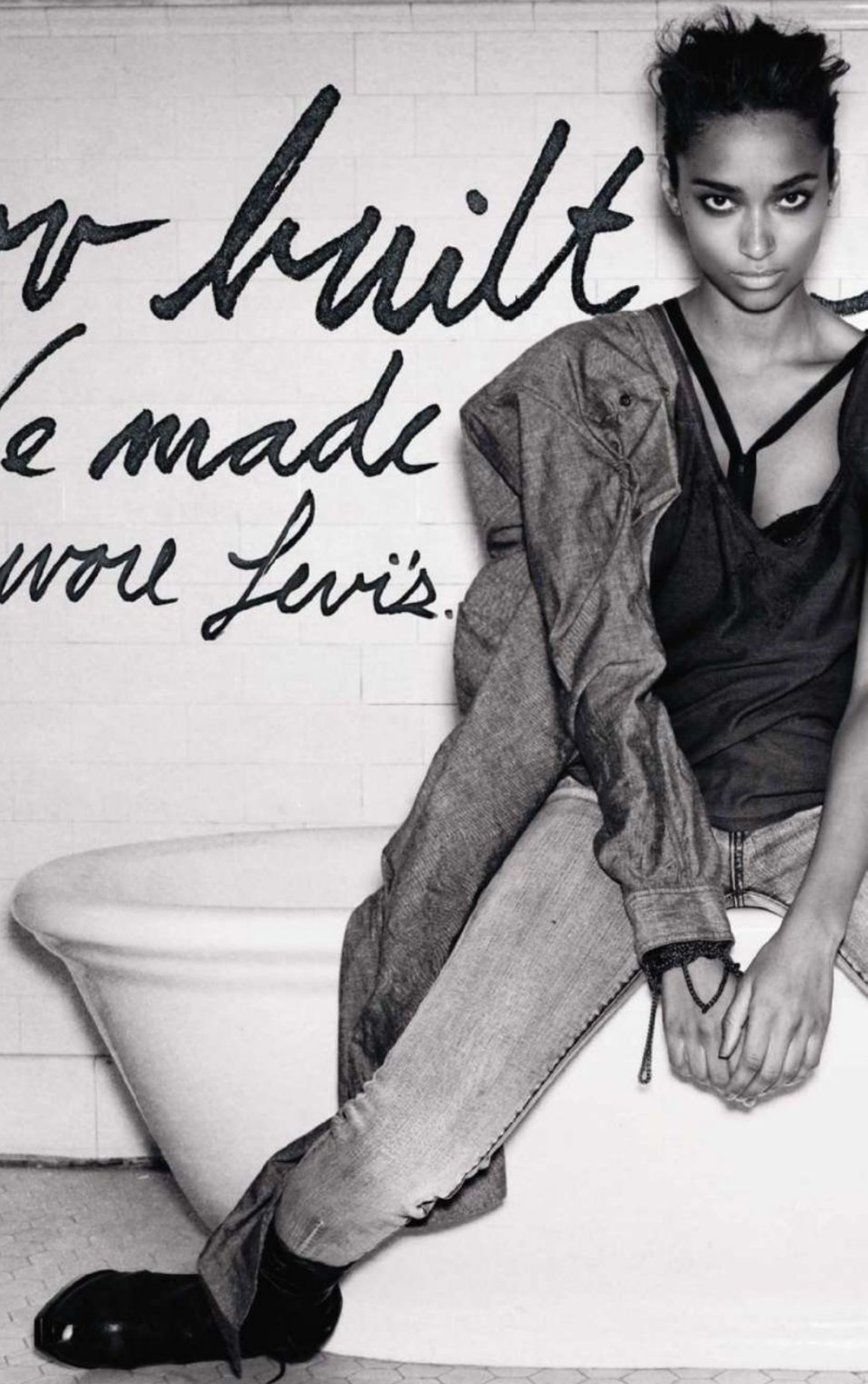
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Zoom-Zoom. Forever. Visit MazdaUSA.com/MAZDA2



*EPA estimated highway mileage MAZDA2 manual transmission. Actual results may vary. **MSRP \$13,980 plus \$750 destination charge MAZDA2 Sport with manual transmission. MAZDA2 Touring with manual transmission as shown \$15,435. MSRP excludes tax, title, license and destination fees. Actual dealer price may vary. See dealer for complete details. ©2010 Mazda Motor of America, Inc.



A close-up portrait of a woman with brown hair and eyes, wearing pink lipstick. She is holding a pink flower near her mouth. The text "A FRESH NEW" is overlaid on the right side of her face.

A FRESH NEW

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Kemp is wearing New Color Sensational™ Lipstain in Wink of Pink. ©2010 Maybelline LLC.

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CONVERSE

seventeen

AUGUST 2010

fashion

BACK-TO-SCHOOL
Fashion Preview



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50 GIRLS/
50 JEANS
So many cool
pairs to
choose from!

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- 40 Seventeen's Denim Awards: Best Jeans Ever!** You voted for the coolest cuts and hottest stores.
- 45 Seventeen's Ultimate Jeans Guide!** Find the best pair for your shape with this cheat sheet!
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60
bold new
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beauty

- 82 17 Ways to Get Pretty for School!** Want perfect skin, hair, and makeup? This guide has you covered.
- 94 Fun New Makeup Ideas** Our Beauty Smarties help you beat beauty boredom.
- 162 Head Start!** Rock a cool new haircut for the first day back.



p. 90 OMG! HAIR MAKEOVERS Stand out at school with a whole new look!

pretty
makeup for
your skin
tone!

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HAVE YOU SEEN THE NEW
seventeen.com?

We've made seventeen.com more fun and easier to get everything you need!

YOU'LL FIND:

- more **celebrity gossip** than ever before!
- **quizzes** like you've never seen them!
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Katy Perry

SCORE \$500!

Take our **reader-feedback survey** online. See page 176 for details, or log on to survey.seventeen.com.

BONUS MAG: Get Hot From Head to Toe



102 "I Got My Best Body Ever—and So Can You!"

How these cute girls got fit and had fun!

104 Celeb Secrets for Your Hottest Abs, Butt & Legs!

Exercises that *really* work.

112 Eat Better (Without Even Noticing!) Tiny tweaks that will have a big impact!

114 Your 6-Week Countdown

A daily calendar to keep you motivated.

Ashley Tisdale

on the cover



ON RIHANNA: Tee by The T by Joe's. Skirt by Hervé Léger. Earrings by Josh Dotson. Necklaces by Dannijo and Himalayan Crafts. Belt by Raina. Enamel ring by Reiss. Fashion Stylist: Rob and Mariel. Hair: Ursula Stephen. Makeup: Mylah Morales. Manicure: Kimmie Kyees. Photograph: Peggy Sirota.

TO GET RIHANNA'S LOOK, TRY: CoverGirl Cheekers Blush in Pretty Peach, \$5. CoverGirl Eye Enhancers in Dazzling Metallics, \$4, and CoverGirl Shineblast Lip Gloss in Beam, \$8, all drugstores.

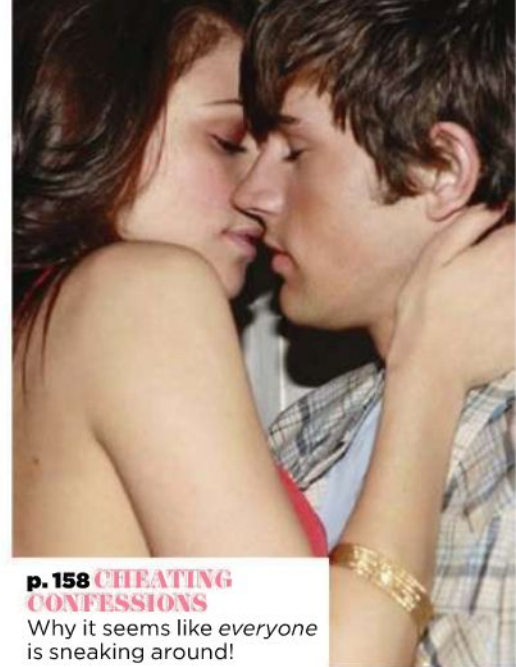
GO BEHIND THE SCENES!

See exclusive video of our cover shoot on your smartphone by downloading the free app **gettag.mobi**, then "snap" the 17 tag on this page.



love life

- 116 Dude Drama** How to avoid it—from readers who learned the hard way!
- 118 Sneaky Ways to Make Your Summer Fling Last** Deepen your bond with these super-sweet ideas.
- 120 Would Your Guy Friend Make a Good Boyfriend?** Take this quiz to find out!
- 122 The Wild Stuff He Says Behind Your Back** You won't believe the things he spills to his boys!



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Why it seems like *everyone* is sneaking around!

your life

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- 131 Make a Difference!** Find out how to join Miley Cyrus's special mission.
- 132 "I Intern for *Jersey Shore*!"** Exclusive dish about the crazy MTV reality show from a girl in the know!
- 170 Letters to Phoebe** How Phoebe Prince's tragic suicide has changed *you*.

SPECIAL SECTION!

135 Seventeen College Shopping Special Get dorm makeover tricks and your *Seventeen*-approved campus shopping list!

and...

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- 20 Win Rihanna Concert Tix!** Take your BFF too!
- 24 Hi From Ann!** Make your back-to-school fantasies a reality.
- 26 What You Think!** Your e-mails about our May issue.
- 140 Rihanna** The superstar shares her love lessons.
- 174 Traumarama!** Be glad this stuff didn't happen to you.
- 178 August Horoscopes** Hot predictions for your sign!



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Win cute denim jackets, shorts, and more!

seventeen reader reward

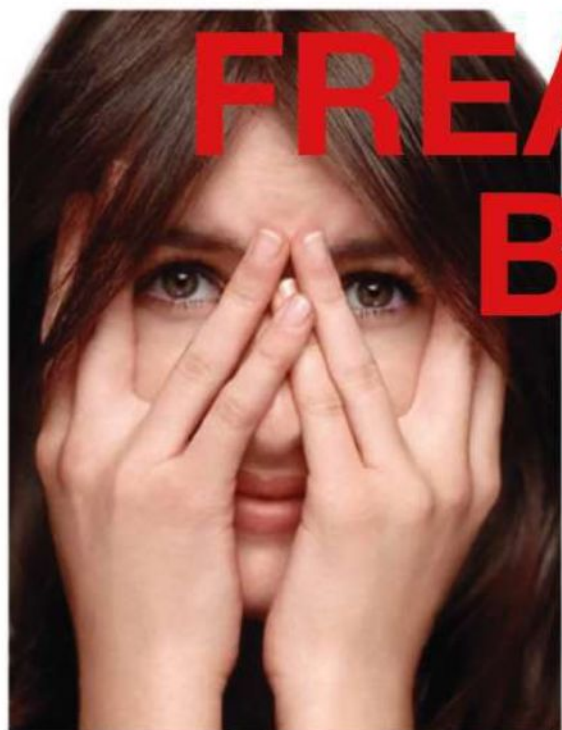
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10,000 readers will score a **FREE** Softlips PURE 100% Natural Lip Gloss!

Go to **seventeen.com/softlips** and enter the code **pure**.

Between July 6, 2010, and August 9, 2010, go to **seventeen.com/softlips** and enter the code **pure** to receive a free Softlips PURE 100% Natural Lip Gloss. Ten thousand (10,000) will be given away. One per person. While supplies last. A notice will be posted on **seventeen.com** when Sponsor has received 10,000 entries. Once all lip glosses are distributed, there will be no substitute product given away.





FREAK-OUT BREAKOUT?

We all know how to deal with a normal breakout, but here's what to do when things get out of control.

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When skin freaks out, it can feel like regular acne treatments just don't work. Here to step in: New Neutrogena Rapid Clear 7 Day Acne Intervention Kit. A simple 2-step system that replaces your regular skincare routine for just one week.



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DAY 1



DAY 7



Gives problem skin
a **FAST** turnaround

RESULTS START HERE

SKIN IS BACK ON TRACK



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#1 DERMATOLOGIST RECOMMENDED

PICTURE PERFECT

Want to look perfect for your school picture, your profile picture, or just the first day of school? I've got insider tips that I've picked up from our photo shoots and mall events. Plus, check out all of these picture perfect fashions for Back-To-School...only from **JCPenney**!

XOXO
~Angie



PRETTY IN PUNK

Rockin' a **hot graffiti tee** (a deep V looks great in photos) with a **cropped jacket**, makes for a fab school picture!

SEQUINSAVVY

Go glam for school pictures and splurge on a **sequin sheath dress**. Pair it with **acid jeggings** for a class-ready look!



Sequin Sheath Dress
\$49.99
Decree Acid Jeggings
\$24.99
Olsenboye Cadie Boot
\$59.99

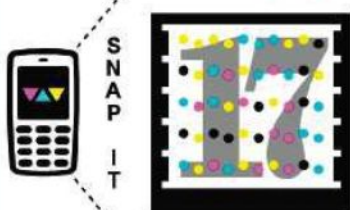
Olsenboye Graffiti Tee
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Decree Cropped Jacket
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Olsenboye Plaid Mini Skirt
\$19.99
Grommet Leather Bracelet
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Check out more JCPenney picture perfect looks!

- 1: Download the free app at <http://gettag.mobi>
- 2: Scan your smartphone over the bar code
- 3: Depending on your phone, the flipbook should launch immediately!

For help, visit seventeen.com/gettag.



Your carrier's MMS/picture messaging and standard carrier rates may apply. You must have a camera-enabled phone capable of sending pictures. Program available on most carrier networks and in the U.S. only. For complete mobile terms and conditions, please log on to Microsoft.com/tag.

FLOWERPOWER

Opt for a **fun cargo jacket** over a **mini-floral print dress** for a flattering look that's effortlessly cool.



Arizona Cargo Jacket
\$29.99 (available Sept.)
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\$29.99
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Decree Loli Duffle Bag
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Relic Braided Belt
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Decree Tri-Tone Bangles
\$6.99
Nine & Co. Twyla Shoe
\$44.99

Decree Zipper Button Down
\$19.99
Decree Embellished Military Tee
\$14.99
Decree Misu Tote
\$24.99
Decree Camo Super Skinny Jean
\$24.99
Decree Kiley boot
\$48.99

PROMOTION

MAJORCHIC

Army-inspired pieces are a major Fall trend, and these **super-skinny camo pants** will put you ahead of the curve!



→ Find these looks and more at your local JCPenney or jcp.com/teen.

ENTER FOR A CHANCE TO WIN THE PICTURE PERFECT OUTFIT FOR BACK-TO-SCHOOL!

Text **JCP** to **467467** for your chance to win one of three **\$500 JCPenney shopping sprees** and **makeovers** at a JCPenney salon, just in time for back-to-school! **17 lucky runners-up** will each score a **\$100 JCPenney gift card**. Plus, you'll receive more **picture perfect tips** via text from Angie—once a week for four weeks.

NO PURCHASE NECESSARY TO ENTER OR WIN. The JCPenney "Picture Perfect" Sweepstakes. Sponsored by Hearst Communications, Inc. Sweepstakes starts June 28, 2010 at 12:01 AM (ET) and ends August 10, 2010 at 11:59 PM (ET). Two ways to enter: (i) text JCP to 467467 or (ii) go to seventeen.com/pictureperfect and complete and submit the entry form. Standard text messaging and data rates may apply for mobile phone entrants. You will receive one text message confirming your entry. Contact your carrier for pricing plans and details. Text entry not available with Cincinnati Bell. Odds of winning will depend upon the total number of eligible entries received. Must be female, ages 13 to 24, and a resident of the 50 United States and District of Columbia. Void in Puerto Rico, Canada and where prohibited by law. For complete rules go to seventeen.com/pictureperfect.

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Enter every day to increase your chances of winning!

[denim]



for all mankind

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEVI'S	1 Boyfriend skinny jeans [boyfriend]	2 Leggings [legging]	3 Iconic jean jacket [icon]	4 Staple shirt [shirt]	5 Oversized 501 shorts [shorts]	6 501 boyfriend jeans [blue]	7 Iconic jean vest [vest]
LULU'S	8 The Runaway denim vest [runaway]	9 Divine Rights of Denim Maggie jeans [maggie]	10 Take Me Away shirt [bleached]	11 Mind Reader dress [dress]	12 Virgo denim skirt [virgo]	13 Meet Virginia dress [virginia]	14 Puppy Eyes shorts [cutoff]
SEARS	15 Bongo jeans with embroidered pockets [detail]	16 Fragile blue jeggings [jegging]	17 Bongo jeans with cross detail [cross]	18 Sulfur jeans in tie-dye [tiedye]	19 Fragile gray jeggings [fragile]	20 Sulfur leggings [sulfur]	21 Bongo jeans with lace detail [lace]
CELEBRITY PINK	22 Studded skinny jeans [studded]	23 Destroyed skirt [skirt]	24 Show Stopper skirt [jean]	25 Moto jacket [moto]	26 Rip and Repair skinny jeans [repair]	27 Suspender shorts [suspender]	28 Capri jeans [capri]
RUE21	29 Engineer striped shorts [stripes]	30 Ripped skinny jeans [ripped]	31 Frayed denim shorts [frayed]	HOW TO ENTER: Starting August 1, log on to seventeen.com/freebies every day and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours (except the grand prize, which is live all month), beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to seventeen.com/freebies or page 176 for details.			

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day in August!



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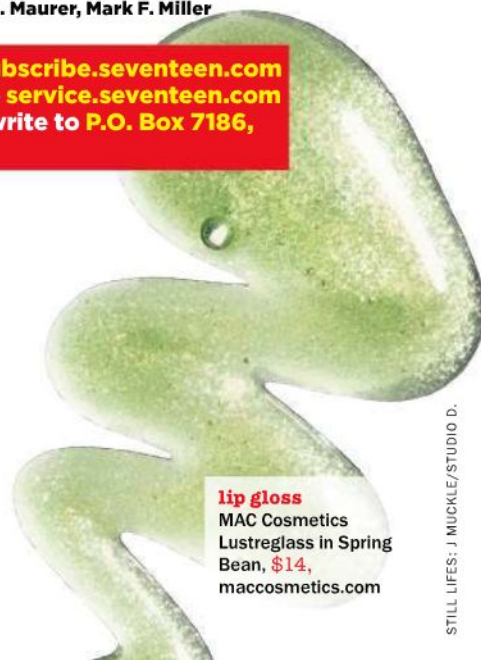


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JULY 22: Phoenix, AZ
(Cricket Wireless Pavilion)

JULY 24: Dallas, TX
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JULY 28: Atlanta, GA
(Phillips Arena)

JULY 30: Tampa, FL
(Ford Amphitheatre)

JULY 31: Miami, FL
(American Airlines Arena)

AUGUST 3: Indianapolis, IN
(Verizon Wireless Music Center)

AUGUST 5: Toronto, ON, Canada
(Molson Canadian Amphitheatre)

AUGUST 7: Montreal, QC, Canada
(Bell Centre)

AUGUST 8: Boston, MA
(Comcast Center)

AUGUST 12: New York, NY
(Madison Square Garden)

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AUGUST 20: Bristow, VA
(Jiffy Lube Live)

AUGUST 21: Hershey, PA
(Hershey Park Pavilion)

AUGUST 22: Detroit, MI
(DTE Energy Music Theatre)

AUGUST 25: Chicago, IL
(United Center)

Enter now! Go to **seventeen.com/winrihanna** and type in the code **summerfun** by July 15, 2010!

Each winner will receive two tickets and be notified by July 19. For more details, see **page 176** and the Official Rules at **seventeen.com/winrihanna**. No purchase necessary. US residents only. All dates, cities, and venues are subject to change.

PHOTOS: COURTESY OF COMPANY.



be colorful.

Vera Bradley

verabradley.com

beach beautiful highlights at your fingertips!



This summer, take matters into your own hands with **L'Oréal Paris Touch-on Highlights™**. Touch-On Highlights™ is an innovative new way to get the look of natural, sun-kissed hair with gorgeous radiance and shine.

***you're in control with the revolutionary
NEW Control-Touch FingerTIP tool***

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- Create your own look no matter how subtle or dramatic
- Easy to use product—no caps, no foils, no hassles

4

dimensional
shades to
choose from



L'ORÉAL
PARIS

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HIGHLIGHTS**

Go to **lorealparis.com** to watch a step-by-step video on how to use Touch-On Highlights™

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For a daily pore-by-pore clean

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360°
Clean™

DEEP FACIAL CLEANSERS
+ THE SCRUBLET™



POP OUT



POUR ON



GO CLEAN

smaller pores + cleaner skin

Clinically proven to clean better
than traditional cleansers.**



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"Grab your Scrublet and Go 360° Clean."
Freida Pinto

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*#1 New Cleanser in 2010 based on IRI F/D/M unit sales YTD ended 5/16/10.
**vs traditional cleansing in a clinical test. ©2010 L'Oréal USA, Inc.

L'OREAL
PARIS

Because you're worth it™

Hi from Ann!

Back-to-school shopping makes everyone at *Seventeen* a little crazy (in a good way). We spend months **planning** this issue, sorting through *thousands* of beauty products, T-shirts, dresses, shoes, bags, and **jeans** (there are 132 pairs in this mag!)—it's all so that you can go back looking **awesome** and feeling so confident that you can take over the world this year!

We get excited about all *the stuff*, but I know that it's about more than that for **you**. As you flip through these pages, you're not thinking, I really like the subtle shading on the those jeans—you're imagining how they'll make your butt look as you're walking down the hall on the first day of school. (Check out our "Ultimate Jeans Guide!" on p. 45 to find *your* best pair!) You're **looking** for the glossy, bouncy **hairstyle** that will make your crush do a double take when you pass him. (I'd pick "The Bombshell" on p. 92!) And you want

that one **amazing** school bag that will make your friends say, "So cool!" (Like the orange tote on p. 60?) And so this issue is designed to make **every** single one of your **back-to-school fantasies** a *reality*! What will you be wearing when you nail your audition for the school play? When you snag a gig on the newspaper? When you find out you made the soccer team? It's all inside! Send me pics of how you look when something awesome happens to you at ann@seventeen.com!



XOXO
-A.

FASHION FANTASY WISH LIST:

A few of my favorite pieces that will help you start the year off right!



✓ **The fun first-day tee!** p.75

The stripes are sweet; the black lace gives it edge. The perf combo for seeing everyone again!



✓ **"Is he checking out my butt?" jeans!** p.14

Yes, all the cute guys will be checking you out . . . Pretend not to notice, and they'll be even *more* intrigued!



✓ **Girls' night out!** p.62

Imagine how hot you'd look walking into a party in these!



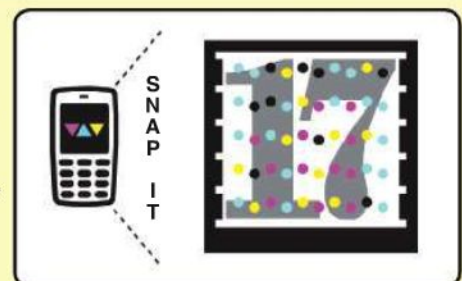
✓ **A+ for class presentations!** p.68

Some days you need to look a little more polished!



TAG, YOU'RE IT!

Hey, look for these "tags" throughout the issue that unlock secret videos or Web pages. (I shot my intro video in my office!) It's so easy: Go to gettag.mobi on your smartphone, and download the app. (It's free!) Then use it to "snap" the 17 tag and it will launch a special hidden feature!



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Embrace® It's our closest
shave for your closest moments.

Because it all starts with
an embrace.



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www.gillettevenus.com

what you think!

Here are the e-mails about the May issue that got us talking!

SKIN SCARE



I'm 18 and I was recently diagnosed with **malignant melanoma**. I'm African American and I don't tan regularly—I never thought it could happen to **me**. Like Katie in "The Tan You Could Be Risking Your Life For," I had a weird mole that started to grow bigger and bigger on my **leg**. I went to the doctor and was told I was fine, but I wanted it removed anyway. (It was really ugly!) Then came the **shocker**: I got the results, and it turned out I did have skin cancer. I've had to have multiple surgeries to get all the **cancer** removed. (It spread to the lymph nodes in my groin.) My whole life has changed in a matter of **months**, and I'm scared every **day** of the cancer coming back. Even if you don't use tanning beds, you should always wear **sunscreen** when you're outside—cancer doesn't just attack older people; it can happen to anyone, of any age, with any skin **tone**, like me.

—LEWAHN, 18, WASHINGTON, D.C.



FRESH START

I **loved** "College Do-Overs." I'm going into my third year of university, but I remember my first year very clearly. It was scary and nerve-racking and exciting and **wonderful**. The thing to remember is that *nobody* really knows who they are and what they want during their first year, so it's okay to **try** new things and make mistakes. Every mistake is a **learning** experience. Thanks for reminding us of that, *Seventeen*!

—EMILY, 20, TORONTO, ON, CANADA



secret life of shai

“In the May issue, *The Secret Life*'s Shailene Woodley really inspired me when she talked about having scoliosis. I wore a back brace for six years, twelve hours a day, and just like Shai, it felt like my organs were moving. When she said, 'I totally embraced it, no pun intended!' I realized that's the way to be—positive. I'm always reminding myself that there are a lot worse things in this world, and no one should let physical challenges hold them back from enjoying life!”

—erin, 19, gaithersburg, md

BEST FOOT STORY

I'm a shoe **fanatic**, and I loved the "Mega Shoe Blowout!" I have to say my favorite look is **snakeskin**, and I wanted to share a pic of my perfect pair: They are **awesome** gray flats that go with both day and night **outfits**. After seeing the "cutout" page, I think I'm finally ready to try the trend—I'm **loving** the bright colors you featured!

—WAVERLY, 16,
EASTERN PASSAGE, CA



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1 GREAT LITTLE TUBE.**



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MAYBELLINE[®] NEW YORK

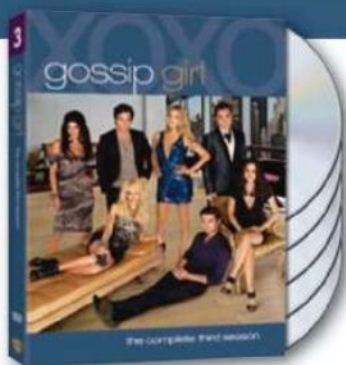
MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.[®]

*Based on FDMx unit sales for the 52-wk period ending 12/27/09 as reported by InfoScan Information Resources, Inc. plus other outlet POS sales. ©2010 Maybelline LLC.



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elements are trademarks of and © Warner Bros.
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DATING DILEMMA

"Gradudating" made me excited to date after high school, but also a little **scared**. I've been dating a college guy for seven months, and I'm getting **nervous** about going to



college myself next year. He's been so faithful, but I'm secretly afraid of meeting new guys in my dorm and

developing **crushes**! Now I wonder: Should I stay with a good guy—or cut him loose to **play** the (college) field? Eep!

—ALCINDA, 18, KEEZLETOWN, VA

16 AND PREGNANT?

"Could Hollywood Trick You Into Getting Pregnant?" was tough to read. My friends always **joke** about having kids because it's so "in" **right** now. But the story made me think seriously about my future. I wonder, What would it be like to be a **mom** in college? I can't even imagine. It wouldn't be **funny** if that was my reality.

—RACHEL, 16, FREEPORT, ME

changing scales

“I’ve always been bigger than other girls. (I have a condition called hypothyroid that makes it hard to lose weight.) ‘Secret Reasons You’re Struggling With Your Weight’ made me understand that even though I may never be as skinny as most models, I can still be a healthy weight for *me*. I realized that bigger-than-average girls can be just as healthy, as long as they make the right food choices!”



—sara, 16, armada, mi

enter for a chance to

WIN A \$10,000

BACK-TO-SCHOOL

SHOPPING SPREE!

Make over your look just in time for school! Enter our exclusive sweepstakes for your chance to

WIN \$10,000 CASH!

Go to seventeen.com/fallshoppingspree or see page 176 for more details.

Jessica Stroup

SEVENTEEN.COM Let us know what you think about this issue at seventeen.com/mail

the inner soul... would have green hair, but luckily we are not a alike or this... At one time... her have you thought, even for a seconds how much fun it would be to just let go... something wild and harmless... Deciding to take the plunge into pink hair is not for the faint hearted, this is a deep level of... the clothes, to have... give the rest... you see

extreme • shocking • expressive
beautiful

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Rebellious Colors



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MODEL: KELLY EDEN GARDINER • SPLAT PINK FETISH / PHOTO MIDDLE BRETT SEELEY / PHOTO LEFT & RIGHT JERICKSONPHOTO.COM

PROMOTION

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Clean & Clear



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SOMETHING
.ORG

Today over 800,000 teens are giving back through **DoSomething.org**, but we want to reach 1.2 million! That's why **CLEAN & CLEAR®** and DoSomething are teaming up to get you and your friends involved in this massive movement of teens.

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PLUS, when you join *this* SURGE you get **\$5 OFF** the new **MORNING BURST SURGE™**

MORNING BURST SURGE™

This new energizing power cleanser uses a **surge of vibrations** to remove thousands of impurities in seconds. It removes all that dull, oily, grime—revealing your **fresh face!**



Get more info at **jointhesurge.com**.

PROMOTION

YOU AND YOUR BEST FRIEND COULD HANG WITH WITH DEMI LOVATO!

CLEAN & CLEAR® and **DoSomething.org** started a massive movement—a surge of teens making a difference. We're going to celebrate with a **concert in NYC** that will stream online, around the world.

Clean
&
Clear

ENTER for a Chance **TO WIN!**

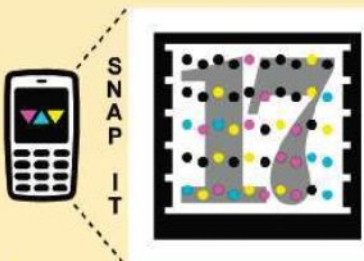
One lucky winner and her best friend will be flown to NYC to see **Demi Lovato perform live** in an exclusive studio concert!

Prize package includes:

- Round-trip airfare to NYC
- Two night stay at a trendy hotel
- VIP access to the concert
- \$500 shopping spree for a concert outfit each
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Enter at **jointhesurge.com/sweeps**

Enter on your smartphone right now!



- 1: Download the free app at <http://gettag.mobi>
- 2: Scan your smartphone over the bar code
- 3: Depending on your phone, the entry page should launch immediately!

For help, visit seventeen.com/gettag.

Your carrier's MMS/picture messaging and standard carrier rates may apply. You must have a camera-enabled phone capable of sending pictures. Program available on most carrier networks and in the U.S. only. For complete mobile terms and conditions, please log on to Microsoft.com/tag.


Get the free app for your phone at <http://gettag.mobi>



Demi Lovato

No Purchase or payment Necessary to enter or win. A purchase will not improve your chance of winning. The Day with Demi Sweepstakes is open to legal residents of the 48 contiguous United States and D.C., 13 years of age or older. Void outside the 48 contiguous United States and D.C. and where prohibited. Enter by completing the entry form at www.jointhesurge.com. Sweepstakes starts July 1, 2010 at 12:00:01 am EDT and ends at 11:59:59 am EDT on August 1, 2010. Limit one (1) entry per person/email address. Subject to official rules at www.jointhesurge.com. Prize: Trip for 4 to New York to attend a Demi Lovato studio concert taping on 8/19 and a year's supply of Clean and Clear products. ARV: \$4,650.00. Odds of winning depend on the number of eligible entries received. Sponsored by AOL, Inc., 770 Broadway New York, NY 10003.

Get more Demi at **jointhesurge.com**.



A woman with long blonde hair is sitting on a concrete ledge outdoors. She is wearing a grey knit beanie, a dark grey double-breasted cardigan with gold buttons over a light blue ruffled shirt, and patterned leggings. She is holding a red vintage-style suitcase with silver latches. She is wearing grey lace-up boots with buckles. The background shows trees with yellow and orange autumn leaves. The Jellypop Shoes logo is in the top right corner, and a quote is on a piece of paper on the suitcase. The website address is at the bottom right.

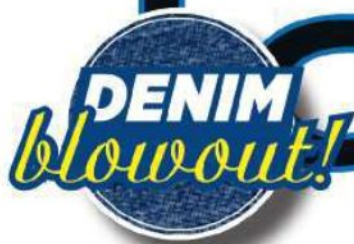
JellypopTM
Shoes

Sometimes...

I like to pick up and go!

www.jellypop-shoes.com

fashion



Look HOT IN YOUR JEANS!

Jeans are the basics of your whole wardrobe! So here's what you need now to get your best look for back-to-school!

JEANS +

biker jacket

jacket

Sizes S-L, JouJou,
\$40, bonton.com.

jeans

Sizes 24-32, See Thru Soul,
\$92, metroparkusa.com.

shirt

Sizes S-XL, Unionbay, \$28,
unionbay.com.

earrings

Lulu's, \$8, lulus.com.

necklace

Ettika, \$52, ettika.com.

sneakers

Sizes 5-10, Adidas
Originals, \$120,
Adidas Originals stores.

This cool-girl jacket is the perfect match for ripped-up jeans. In a rich **plum color**, it looks special.



SEVENTEEN.COM

Our editors show you the new ways to style your jeans at seventeen.com/jeans.

JEANS



detailed tee

Puff sleeves
make destroyed jeans look a little sweeter.

Skinnies and a **cap-sleeve** tee are such a cute couple! The padding at the shoulders gives this girly look a trendy update.

Sequin details add a touch of glam to your basic faded jeans!



tee
Sizes XS-XL,
BCBGeneration,
\$48, Macy's.
jeans
Sizes 0-17, Angels,
\$30, Kohl's.
earrings
Rachel Rachel Roy,
\$65, Macy's.
necklace
Betsey Johnson,
\$50,
Bloomingdale's.
bracelets
White wrap bracelet,
Landver, \$60,
Macy's; yellow
bracelets, Lulu's,
\$11, lulus.com.
heels
Sizes 5-10, Guess,
\$110, Guess stores.



tee
Sizes XS-L,
Sauce, \$62,
shopplanetblue
.com.
jeans
Sizes 0-14, Levi's,
\$70, levi.com.
necklaces
Lulu's, \$12 each,
lulus.com.
belt
Lulu's, \$8,
lulus.com.
bracelets
Diesel, \$45 for
set of two, Diesel
stores.
booties
Sizes 5½-10,
Restricted
Footwear, \$95,
piperlime.com.



tee
Sizes S-L,
Collective
Concepts, \$68,
call 718-645-
4501 to order.
jeans
Sizes 0-14,
Armani Exchange,
\$98, Armani
Exchange stores.
earrings
JCPenney, \$18,
JCPenney.
scarf
Rachel Rachel
Roy, \$34, Macy's.
cuff
Nine West Vintage
America
Collection, \$44,
Nine West stores.
sneakers
Sizes 3-13,
Converse, \$45,
converse.com.

THE ULTIMATE QUICK FIX.



The Nike Trainer One is not a magical toning shoe. It's a training shoe.
Its DiamondFLX technology activates your muscles to work how they're supposed to,
giving you faster results from all those squats, lunges and classes that you do. So you get fit faster.

THIS SHOE WORKS IF YOU DO.



nikewomen.com

JEANS + cobweb sweater

A subtly **distressed** sweater gives preppy stripes an edgy twist.



sweater
Sizes XS-XXL,
Daang Goodman
for Tripp NYC, \$58,
trippnyc.com.
jeans
Sizes 00-18,
American Eagle
Outfitters, \$50,
ae.com.
scarf
Aerie, \$25,
ae.com.
shoes
Sizes 5½-10,
Report, \$60,
Nordstrom.

A **shredded** front and simple skinnies look slinky together.



sweater
Sizes XXS-L, Obey
Clothing, \$76,
shop.obeyclothing
.com.
jeans
Sizes 1-13,
Celebrity Pink,
\$25, Macy's.
earrings
Lulu's, \$12,
lulus.com.
bangles
Lulu's, \$10 each,
lulus.com.
ring
AMI Clubwear, \$4,
amiclubwear.com.
heels
Sizes 5-11, Nine
West, \$99,
ninenwest.com.

Try an **open-weave** sweater in neon pink—but make it extra playful with a patterned tank underneath.



sweater
Sizes XS-XL, Kersh,
\$60, kersh.ca.
tank (underneath)
Sizes S-L, Public
Library, \$44,
publiclibrarybrand
.com.
jeans
Sizes 1-13,
Amethyst Jeans,
\$44, Deb stores.
necklace
American Eagle
Outfitters, \$20,
ae.com.
belt
Lulu's, \$11, lulus.com.
booties
Sizes 5½-10, Urban
Original, \$25,
urbanog.com.

ON MODEL (LEFT): EARRINGS: STELLA & DOT; BANGLES: STYLIST'S OWN; RINGS: CLAIRE'S; (RIGHT): WATCH: LA MER.

Le.i. Model Citizens =
Life Energy Intelligence

GRAND PRIZE WINNER (center)
Alexandra - Sachse, TX

SECOND PRIZE WINNER (right)
Jazzlyn - Costa Mesa, CA

THIRD PRIZE WINNER (left)
Amy - Bakersfield, CA

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Jeans \$18 Fashion Tops \$10 Tank Tops \$7 Cargo Pants \$18 Jeggings \$12

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iPhone or
iPod touch!



Find the perfect jeans
for you on the
Seventeen Fashion
Finder, our iPhone
app! Download it for
free on iTunes!

JEANS + utility jacket

This cropped
**army
jacket**
looks rugged
yet sexy with
body-hugging
low-rise jeans.



jacket
Sizes S-XL, Decree by
JCPenney, \$25,
JCPenney.

jeans
Sizes 2-14, Levi's,
\$30, JCPenney.

button-down
Sizes S-L, Arizona by
JCPenney, \$18,
JCPenney.

tube top
Sizes XS-L, Necessary
Objects by Ady Gluck,
\$58, call 212-719-
4650 to order.

earrings
Lulu's, \$7, lulus.com.

heels
Sizes 6-11, City Streets
by JCPenney, \$20,
JCPenney.

This lightweight
twill zip-up
is perfect for
layering between
summer and fall.



jacket
Sizes XS-XXL, Old Navy,
\$40, Old Navy stores.

jeans
Sizes 00-13, Bullhead,
\$40, pacsun.com.

shirt
Sizes XS-L, Color Siete,
\$53, janescloset.com.

earrings
Lucky Brand, \$39, select
Lucky Brand stores.

bracelet
Lulu's, \$13, lulus.com.

heels
Sizes 5-11, Jessica
Simpson Collection,
\$98,
jessicasimpsoncollection
.com.

Super-dark jeans
let this chic
**oversize
jacket**
take center stage.



jacket
Sizes XS-XL, DKNY
Jeans Juniors, \$89,
dkenyjeans.com.

jeans
Sizes 3-13,
Rocawear, \$59,
Macy's.

shirt
Sizes S-L, Fire, \$32,
firela.com.

necklaces
Rhinstone necklace,
American Eagle
Outfitters, \$16,
ae.com; pink
necklace and bow
necklace, \$8 each,
both Lulu's, lulus
.com.

sandals
Sizes 5-11, Lacoste,
\$165, zappos.com.

VERA WANG

Princess



Born to Rule

see the zoë kravitz princess story at
verawangprincess.com

seventeen's DENIM AWARDS

best jeans ever!

1,500 readers voted: Here are the most amazing fits, styles, and brands according to you!

CUTEST NEW STYLE:

DESTROYED

You're all torn up over your love of this laid-back look.



jeans
Sizes 00-13/14,
Aéropostale,
\$80,
Aéropostale
stores

Shop on your
iPhone or
iPod touch!



Find the perfect jeans
for you on the
SeventeenFashion
Finder, our iPhone
app! Download it for
free on iTunes!



BEST BUTT DETAIL:

RHINESTONES

When you want to highlight
your rear view, you turn to
this cool embellishment!

jeans
Sizes 3-13,
Rocawear,
\$79,
Macy's



jeans
Sizes 14-24,
Silver Jeans,
\$90, Torrid
stores

editors
PICK

COOLEST PLUS SIZE:

SILVER JEANS

We're obsessed with this brand—
these are guaranteed to fit like a glove
and make your curves look amazing!



FAVORITE NEW TREND:

CUFFED JEANS

You roll up in this runway
trend looking perfectly
retro! Bonus: It shows off
your cute shoes.

Isabel Marant

YOUR DENIM STYLE ICON:

SELENA GOMEZ

Her jeans look is classic and
pretty—never sloppy!



BEST SKINNY JEANS:

BULLHEAD AT PACSUN

No wonder you love to
browse PacSun's jeans
wall. They have
skinny in tons of
shapes and washes.



super-skinny

jeans
Sizes 00-13,
PacSun,
\$40, PacSun
stores

extreme skinny

jeans
Sizes 00-13,
PacSun, \$40,
PacSun stores

jeggings

jeans
Sizes 00-13,
PacSun, \$40,
PacSun stores

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I love
this look!

Designed by
me for you!

Britney



Candie's
**ONLY AT
KOHLS**

LIMITED EDITION COLLECTION

DESIGNED BY BRITNEY SPEARS



BEST BARGAIN:
L.E.I. JEANS
They're faded in just the right spots, so they look expensive.

jeans
Sizes 1-17,
L.E.I., \$18,
Walmart
stores

jeans
Sizes 25-32, Jessica
Simpson Collection, \$49,
Macy's and Dillard's



editors' PICK

OUR FAVORITE NEW BRAND:

JESSICA SIMPSON JEANS



Jess is designing tons of trendy styles that are made to fit every shape and size!

FUN TREND TO TRY:

DENIM ON DENIM

We can't get enough of this great look that we spied on our interns—they wear a lighter denim button-down open, like a jacket, with darker skinnies!



editors' PICK

button-down
Sizes S-L,
Vanilla Star
Jeans, \$29,
Vanity Fair
Outlet stores.
jeans
Sizes 00-18,
American
Eagle
Outfitters,
\$30, ae.com.



taylor, 16

jeans
Sizes 24-32,
7 For All
Mankind,
\$149, 7 For
All Mankind
stores

WHAT'S YOUR FAVORITE FIT?

Readers pick their top 3!

#1

SKINNY

This slim fit looks as cute with a hoodie as it does with a dressy top!



Avril Lavigne



AnnaLynne McCord

#2

STRAIGHT

These look especially hot ripped up and paired with a sexy tank.



Jessica Alba

#3

BOOTCUT

These have a polished feel—and they're the best shape to wear with heels.

SEVENTEEN.COM

Vote on which celebs look best in their jeans at seventeen.com/loveit

ON TAYLOR: TOP, BCBG; EARRINGS, FOREVER 21; RING, LULU'S; HEELS, AMI CLUBWEAR. STILL LIVES: JEAN SHIRT, VANILLA STAR; TEE, PUBLIC LIBRARY; NECKLACE, LULU'S. SIMPSON: T/X17ONLINE.COM. LAVIGNE: JASON MERRITT/WIRE IMAGE. MCCORD: LEO/X17ONLINE.COM. ALBA: SPLASH NEWS.

THIS POWER COMBO IS
CLINICALLY PROVEN TO
REMOVE OVER 99% OF
DIRT AND OIL THAT CAN
CAUSE BLEMISHES.



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Bioré®. Get your best clean.



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who you are is
in your jeans.

love peace happiness
Mudd

Only at
KOHL'S
expect great things

Cropped military jacket, \$40
Floral cropped top, \$20
Shredded denim legging, \$40
Styles may vary by store.

seventeen's **ULTIMATE** **JEANS** **GUIDE!**

TEAR THIS OUT
and take
it to
the mall!

Nothing feels better than putting on a pair of jeans that looks *hot*. So turn to find the right fit for your figure, then flip this over for your best pairs at every store!

On Kelly: **jeans** American Rag. **vest** BCBG Max Azria. **jeans** Collective Concepts.
necklace Stella & Dot. **bracelets** Dannijo. **shoes** Pour la Victoire.
On Courtney: **jeans** Decree by JCPenney. **sweater** Sonia by Sonia Rykiel.
necklace Coach. **bracelets** Metalskin. **shoes** 7 for All Mankind.

petite

cassidy, 17

short inseam

Don't settle for jeans that bunch at the ankles (and make you look messy)! A shorter length shows off your legs and makes them look super-long.

jeans Sizes 24–32, Mavi, \$88, mavi.com.
jacket BCBGeneration. **top** BCBGeneration. **necklaces** Juicy Couture.
bracelets Rachel Leigh. **bag** Coach. **shoes** Coach.



PETITE short inseam

JCPenney



Brand: Arizona
Style: Favorite Skinny
Sizes 0-17, \$20, JCPenney

Rue21



Brand: Rue21
Style: Premiere Studded Skinny
Sizes 0-13, \$30, Rue21 stores

Shading down
the center
of the thighs
makes you
look more
toned.

Macy's



Brand: Calvin Klein Jeans
Style: Skinny Jean
Sizes 2-14P, \$50,
select Macy's

Dillard's



Contrast
stitching on
the waistband
defines your
waist to show
off your tiny
frame.

Brand: Celebrity Pink
Style: DG5805D12RM
Sizes 1-13, \$24,
Dillard's

Aéropostale



Brand: Aéropostale
Style: Bling Skinny
Sizes 00-13/14, \$50,
Aéropostale stores

Guess



These fit
even the
smallest girl.
They start at a
size 23 waist
and have an
extra-short
length!

Brand: Guess
Style: Power Skinny
Sizes 23-32, \$79,
Guess stores

tall

charlotte, 16

long inseam

Jeans in an extra-long length will make your legs look fantastically long, so everyone notices you, not your too-short jeans!



jeans Sizes 0-25, Vigoss. \$40, alloy.com. **vest** Plastic Island. **ruffle shirt** Dimri.
purple top Rebecca Minkoff. **gunmetal-and-gold necklace** D&G.
gold necklace Twinkle by Wenlan. **purple bracelet** Metalskin.
silver bracelet Ben-Amun by Isaac Manevitz. **leather bracelet** Jutta Neumann. **shoes** L.A.M.B.



TALL long inseam

Express



The waistband sits higher on your hips, so your legs look super-long!

Brand: Express
Style: ReRock
Sizes 0-12, \$88, select Express stores

Lucky Brand



Brand: Lucky Brand
Style: Riley Slouchy Skinny
Sizes 24-32, \$119, Lucky Brand stores

Delia's



Brand: Delia's
Style: Bailey Jean
Sizes 00-19/20, \$40, Delia's stores

Buckle



Brand: BKE
Style: Stella Skinny
Sizes 23-34, \$70, Buckle stores

American Eagle Outfitters



The distressed wash draws the eye to your great legs!

Brand: American Eagle Outfitters
Style: Slim Bootcut
Sizes 00-18, \$50, American Eagle Outfitters stores

Nordstrom



Brand: Silver Jeans
Style: Pixie
Sizes 24-34, \$80, Nordstrom

curvy thighs

janée, 20

trouser jean

Look lean
from head to toe!
Wider legs that skim
over your curves will
give you a clean
straight line.



jeans Sizes 24–32, paperdenim&cloth, \$100, nationaljeancompany.com.
top Barlow, **earrings** Urban Original, **large Lucite necklace** R.J. Graziano,
long Lucite necklace Urban Original, **bangles** D&G, **bag** Coach, **boots** Loeffler Randall.



CURVY THIGHS trouser jean

Old Navy

Express

Stage



This thicker denim holds you in for a streamlined look.



Brand: Old Navy
Style: Trouser
Sizes 0-20, \$35,
Old Navy stores

Brand: Express
Style: Editor
Sizes 0-12, \$60, select
Express stores

Brand: Baby Phat by
Kimora Lee Simmons
Style: Wild Thing Trouser
Sizes 1-13, \$59, Stage stores

Buckle

Macy's

Hot Topic



A super-flared shape makes your legs look leaner than ever!

Brand: Daytrip
Style: Libra Trouser
Sizes 25-33,
\$49, Buckle stores

Brand: Zana Di
Style: J5523
Sizes 0-14, \$38,
Macy's

Brand: Hot Kiss Clothing
Style: Florence Flare
Sizes 3-12, \$44,
Hot Topic stores

flat butt

courtney, 17

faded back

Amp up your cute backside with fading *under the butt*. PS: A light-wash denim fills out your tush even more!

jeans Sizes 0–17, Decree by JCPenney, \$20, JCPenney.
sweater Foley + Corinna. **tank** Jenny B Clothing. **bangles** Marc by Marc Jacobs.
shoes Moschino Cheap and Chic. **bag** Marc by Marc Jacobs.



FLAT BUTT faded back

Macy's



Brand: Apple Bottoms
Style: Paris Straight Leg
Sizes 3-15, \$69, Macy's

JCPenney



Flap pockets lift your tush to make it look high and tight!

Brand: Decree
Style: Rip and Repair Jean
Sizes 0-17, \$20, JCPenney

Zumiez



Darts on the pockets make your butt look even rounder.

Brand: Jolt
Style: T201YRBT
Sizes 1-13, \$42, Zumiez stores

Charlotte Russe



Brand: Charlotte Russe
Style: Extreme Skinny
Sizes 0-14, \$35, Charlotte Russe stores

Sears



Folded pockets add texture to fill you out in a cute way.

Brand: Bongo
Style: Fabulous Flare
Sizes 1-15, \$20, Sears

Kohl's



Brand: LC Lauren Conrad
Style: Rip and Repair Skinny Jean
Sizes 2-16, \$54, Kohl's

curvy all over

kelly, 20

straight leg

Go for a classic fit that doesn't dig or cling—that way, you can show off your curves without overexaggerating them!



jeans Sizes 14–24, American Rag, \$59, Macy's.

cardigan Olga de Polga. **shirt** Rebecca Taylor. **rhinestone necklace** Betsey Johnson.

pink necklace Disaya. **multicolor bangles** Marc by Marc Jacobs. **white bracelet** D&G.

ring Rachel Leigh. **bag** George Gina & Lucy. **shoes** Pour la Victoire.



CURVY ALL OVER straight leg

Deb



Brand: Almost Famous
Style: DBL17484-wer
Sizes 14-24, \$35,
Deb stores

Macy's



These actually
"suck in" your
tummy with a
special panel, so
all eyes are on
your legs!

Brand: Levi's
Style: 512 Perfectly Shaping Straight Leg
Sizes 4-24,
\$48, select Macy's

Target



Brand: Pure Energy
Style: Moto Leg
Sizes 14-24, \$30,
Target stores

Torrid



Brand: Z. Cavaricci Couture
Style: Sophia
Sizes 12-28, \$69,
Torrid stores

Forever 21



Brand: Faith 21
Style: Worn-in
Sizes 12-18, \$25, select
Forever 21 stores

Macy's



These have
extra stretch
so they hug
your curves
without
bunching.

Brand: Deréon
Style: Love Is Key
Sizes 14-18, \$79, Macy's

curvy butt

denise, 18

dark rinse

Dark-wash stretch jeans give you a sleek look—plus, they hug and boost your booty so it looks perfectly perky!

Shop on your
iPhone or
iPod touch!



Find the perfect jeans for you on the *Seventeen* Fashion Finder, our iPhone app! Download it for free on iTunes!

Jeans Sizes S–L, Celebrity Pink, \$39. Arden B. stores.
Jacket BCBG Max Azria. **shirt** Rebecca Beeson. **bracelets** D&G. **sneakers** Nike.



CURVY BUTT dark rinse

Wet Seal



Studs along your hips frame and sculpt your cute booty!

Brand: YMI
Style: P345936
Sizes 0-13, \$48, select Wet Seal stores

Kohl's



Brand: Mudd
Style: Rinse Legging
Sizes 0-17, \$40, Kohl's

Old Navy



These have a higher back, so you don't show tush when you sit!

Brand: Old Navy
Style: Sweetheart
Sizes 0-20, \$35, Old Navy stores

Kohl's



Brand: Levi's
Style: 5 Pocket Legging
Sizes 4-16, \$44, select Kohl's

Kmart



Brand: Glo
Style: Goldy Low Rise Skinny
Sizes 1-17, \$20, Kmart stores

JCPenney



Gray is a cool (and slimming!) alternative to dark blue!

Brand: Decree
Style: Rinse Super Skinny
Sizes 0-15, \$20, JCPenney



SEVENTEEN.COM

Think you look great in your jeans?
Show us at seventeen.com/stylewars

KOHL'S®

expect great things®



Left: floral top \$30, denim corset \$30, dark-wash skinny jean \$38

Right: lace flower tee \$24, heavy-tint denim legging \$40; Styles may vary by store.

Explore these free-spirited juniors' styles and more at Kohls.com/Mudd.

take an **EXTRA**
\$10 off any Mudd® purchase
of \$35 or more

Offer valid June 29 - July 29, 2010 in store only on minimum \$35 Mudd® purchase with any tender type and cannot be combined with other offers. No cash back. Offer is non-transferable and cannot be redeemed for cash. Only one \$10 coupon can be redeemed per customer. Offer good on all sale-, regular- and clearance-priced Mudd® merchandise. Offer not valid for price adjustments on prior purchases, Gift Card purchases or payment on a Kohl's Charge account. Offer also not valid on purchases of Kohl's Cares for Kids® merchandise or other charitable items. \$10 coupon applied prior to percent-off total discounts. Photocopies or duplicates not accepted. Excludes sales tax. See store for details.

Redemption Instructions for POS Associate: At Tender menu, TOUCH-Modify Transaction-, TOUCH-Kohl's Coupon-. Scan barcode.

KOHL'S
expect great things®



Mudd®

peace, love and happy prices.



Left: Rose graphic tee, \$20
Belted cardigan, \$36
Flannel skirt, \$30

Right: Camo corset top, \$24
Solid lace tee, \$20
Khaki cargo pant, \$40
Styles may vary by store.

Explore these free-spirited juniors' styles and more at Kohls.com/Mudd.

love peace happiness
Mudd

Only at
KOHL'S
expect great things

**FALL
ACCESSORY
REPORT**

amp up your style!

A small spark of color can heat up your entire outfit. Energize your look with one of these bright accessories.



belt
Fedaboa,
\$70,
fedaboausa
.com



bag
Nine West, \$49,
Nine West stores

watch
Fossil,
\$55,
fossil.com



shoes
Sizes 6-10,
Sperry
Top-Sider, \$85,
sperrytopsider
.com



ring
Circa Sixty Three, \$25,
circasixtythree.com

necklace
Sequin,
\$48, call
212-398-
7363 to
order



wallet
Dooney &
Bourke, \$115,
dooney.com



scarf
Lulu's, \$16,
lulus.com



sneakers
Sizes 5-11, Adidas
Originals, \$40,
Adidas Originals
stores



Disney

JONAS

It's a summer
like no other.

L.A.



Disney
CHANNEL

SM ©Disney

**ALL NEW CITY. ALL NEW SEASON.
SUNDAY NIGHTS STARTING JUNE 20**

BOLD RED



Givenchy



sneakers
Sizes 5-10,
Ed Hardy Shoes,
\$86, select
Macy's



Lanvin

sneakers
Sizes 5-11,
DC, \$60,
dcshoes.com



glasses
Seventeen
Eyewear,
\$140,
Sears



earrings
Danika,
\$45,
danika-bxny
.com



hat
Juicy Couture,
\$55, Juicy
Couture
boutiques



ring
Topshop,
\$25,
topshop.com



necklace
Sequin, \$98,
call 212-398-
7363 to order



bag
Rampage,
\$88,
endless.com



earrings
Hullabaloo, \$7,
shophullabaloo.com



flats
Sizes 5½-10,
Report
Footwear,
\$70, Macy's



headband
Juicy Couture,
\$55, Juicy
Couture
boutiques



booties
Sizes 5-11,
Déréon, \$80,
dereon.com

Everyone Experiences It Differently.



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Stimulate Your Senses®

Yves Saint Laurent

sunglasses
Vogue Eyewear,
\$79, Sunglass
Hut stores

bag
Jessica Simpson
Collection, \$88,
jessicasimpsoncollection
.com

booties
Sizes 5-11, Kenneth Cole
Reaction, \$119, Macy's

bracelet
M. Haskell, \$24,
call 212-764-
3332 to order

necklace
Sequin, \$78,
call 212-398-7363
to order

coin purse
Betsey Johnson,
\$58,
betseyjohnson.com

bangle
Topshop,
\$30,
topshop
.com

ring
Lulu's, \$11,
lulus.com

sneakers
Sizes 5-11,
Converse, \$70,
zappos.com

flats
Sizes 6-10,
Kelsi Dagger,
\$89,
nordstrom.com

belt
Diesel, \$70,
Diesel stores

Miu Miu

RUNWAY: (YVES SAINT LAURENT) CHRIS MOORE/CATWALKING; (MIU MIU) CHRIS MOORE/CATWALKING.



HEY
BABY BLUE,
POWDER PINK
AND PRETTY
PRINCESS
PERIWINKLE.

SCOOOCH
OVER.

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New U by Kotex® Tampons, pads and liners.
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build your **perfect** wardrobe

You don't need all new fall stuff! Mix up these 10 key pieces to match *any* mood.

YOUR BASICS



graphic tee

tee
Sizes S-L,
Public Library,
\$57,
publiclibraryla
.com



sparkle tank

tank
Sizes XS-L,
Necessary
Objects by Ady
Gluck, \$68, call
212-719-4650
to order

oversize hoodie

hoodie
Sizes XS-XL,
Tulle, \$48,
tulle4us.com



sweater-vest

vest
Sizes XS-XL,
Aéropostale,
\$70,
Aéropostale
stores



cropped biker jacket

jacket
Sizes S-XL,
Route 66, \$25,
Kmart stores



t-shirt dress

dress
Sizes S-L,
Lulu's, \$30,
lulus.com



denim shirt

shirt
Sizes XS-XL,
I Heart Ronson
for JCPenney,
\$31, JCPenney



worn-in boyfriend jeans

jeans
Sizes 1-13,
American Rag
Juniors, \$49,
Macy's



flirty mini

skirt
Sizes S-XL,
Lily White
\$22,
Nordstrom



camo pants

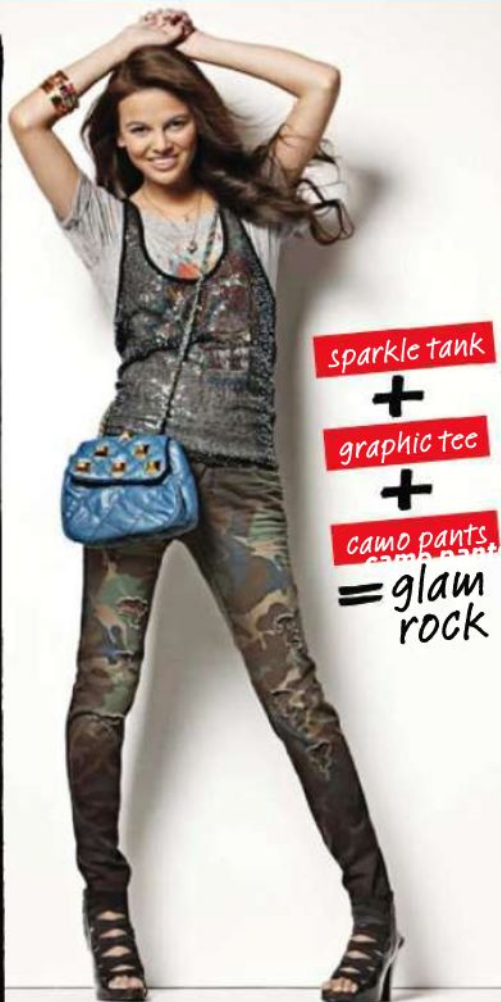
pants
Sizes 0-13,
Decree by
JCPenney, \$20,
JCPenney

YOUR LOOKS

esther, 20



denim shirt
+
t-shirt dress
= sexy
tomboy



sparkle tank
+
graphic tee
+
camo pants
= glam
rock



oversize hoodie
+
camo pants
= comfy
girly



oversize hoodie
+
sparkle tank
+
worn-in boyfriend jeans
= flirty
sporty



cropped biker jacket
+
sweater-vest
+
t-shirt dress
= artsy
chic



graphic tee
+
flirty mini
= sweetly
chill

REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMME/CONTACTNYC.COM. MAKEUP: THORA AT KATE RYAN INC. FOR SMASHBOX COSMETICS. ON ESTHER (SEXY TOMBOY): GREEN BEAD NECKLACE, A.V. MAX; SILVER NECKLACE WITH PENDANT AND BANGLES, LULU'S; SOCKS, DC; SNEAKERS, CONVERSE; (GLAM ROCK): PINK EARRINGS, FOREVER 21; SCARF, H&M; BANGLES, LULU'S; SANDALS, O'NEILL; (FLIRTY SPORTY): EARRINGS AND BRACELETS, LULU'S; BAG, BILLABONG; HEELS, NINE WEST; ARTSY CHIC: SUNGLASSES, DIESEL; NECKLACE AND BELT, LULU'S; RHINESTONE BRACELET, M. HASKELL; SUDEDE AND CHAIN BRACELET, AMERICAN EAGLE OUTFITTERS; LEATHER AND RHINESTONE BRACELET, FOREVER 21; SILVER STRETCH BRACELET, JOPENNEY; LADE TIGHTS, DKNY; WEDGES, NINE WEST; (SWEETLY CHILL): RHINESTONE NECKLACE AND BRACELETS, AMERICAN EAGLE OUTFITTERS; GOLD PEARL NECKLACE, LULU'S; SANDALS, KELSEY DAGGER. STILL LIVES: JESUS AVILA/STUDIO D. STILL LIVES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.

cute trends to try

Why should celebs have all the fashion fun? Steal their style for yourself!



Whitney Port



animal-print mini
Try Whit's trick and mix it with another pattern!

skirt
Sizes S-L, Lulu's,
\$27, lulus.com



Taylor Momsen

tee
Sizes S-L, Junk
Food Clothing, \$36,
junkfoodclothing.com



Mary-Kate Olsen

slouchy backpack

Sneak in a bit of the military trend (and hold all your stuff!) with a patch-pocket backpack.

backpack
Topshop, \$60,
topshop.com



glasses
Fred Flare, \$11,
fredflare.com

vanity glasses

Even if your eyesight is 20/20, these frames will switch up your style!

vintage band tee

The easiest way to show your cool-girl cred!



jacket
Sizes S-XL,
Southpole,
\$30, Sears

cropped bomber

It's the perfect tough accent to wear over a girly outfit!

Shailene Woodley



dress
Sizes S-XL,
Pinky, \$43,
alloy.com

printed dress

This flouncy dress is ultra-feminine—try it with a dark belt to add an edge.

Lauren Conrad



slim flannel

A fitted button-down looks casual but still flirty.

Jessica Stroup

shirt
Sizes S-L, Vintage
Havana, \$57,
shopvintagehavana.com



City Streets
skinny jeans - \$14.99



Arizona
striped shrug - \$17.99



olsenboye
graphic tee - \$14.99

NEW LOOK.
NEW YEAR.
WHO KNEW!



Decree
plaid shirt
\$19.99



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JCPenney®

jcp.com/teen



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wear it **now**—and later!

SUMMER
FALL

brittanie, 17

dress

 Sizes XXS-XXL,
American Eagle
Outfitters, \$40,
ae.com.

shirt

 Sizes S-L,
Marshalls, \$10,
Marshalls.

earrings

 Lulu's, \$13,
lulus.com.

belt

 Forever 21, \$9,
select Forever 21
stores.

bangles

 Gold bangles,
Lulu's, \$14 for set
of four, lulus.com;
multicolored
bracelet, Ettika,
\$60, ettika.com.

ring

 Kenneth Cole New
York, \$35,
Dillard's.

 over-the-
knee boots

boots

 Sizes 5½-10,
Restricted
Footwear,
\$115,
piperlime.com

 Wear the boots with
a floaty dress and
bare legs (scrunch
them down!) for a
COOL BOHO LOOK.

 Pulled up over the knee
and worn with tight
jeggings, these boots
add a **SLEEK TOUCH** to
a button-down and tee.

oxford

 Sizes XXS-XXL,
American Eagle
Outfitters, \$40,
ae.com.

long-sleeved tee

 Sizes XS-L,
Forever 21, \$6,
select Forever 21
stores.

jeggings

 Sizes 24-33,
!It Jeans, \$64,
Buckle stores.

hat

 DC, \$26,
dcshoes.com.

necklaces

 Elephant necklace,
Forever 21, \$8,
select Forever 21
stores; short
necklace, \$16, and
long necklace, \$15,
both Lulu's,
lulus.com.

Don't wait to wear the biggest new trends. With some sneaky styling tricks, they can look hot this summer *and* cool in the fall.

SUMMER



FALL

sionna, 16

Turn this skirt into a late-summer version of shorts! Try it with a lacy tank to give it a **SWEET VIBE**.



lace tank
Sizes S-L, See Thru Soul, \$40, lulus.com.
hat
Topshop, \$40, topshop.com.
necklace
M. Haskell, \$28, call 212-764-3332 to order.
watch
Lulu's, \$22, lulus.com.
bangles
Lulu's, \$9 for set of two, lulus.com.
sneakers
Sizes 5-11, Keds, \$40, keds.com.

leather mini

skirt
Sizes 3-13, Jou Jou, \$30, select Bon Ton



Make leather **WORK FOR SCHOOL** with a classic oxford and a cardigan. Keeping covered up on top balances bare legs.

sweater
Sizes S-L, See Thru Soul, \$60, southmoonunder.com.
oxford
Sizes XS-XXL, Old Navy, \$25, Old Navy stores.
earrings
M. Haskell, \$12, call 212-764-3332 to order.
necklace
Express, \$60, select Express stores.
belt
Forever 21, \$7, select Forever 21 stores.
socks
Old Navy, \$5, Old Navy stores.
booties
Sizes 6-10, Jellypop Shoes, \$65, DSW stores.

steal of the month: your must-have blazer!

Work the preppy look in a playful way—with this blazer from **Selena Gomez's** new line, **Dream Out Loud**.

WHY IT'S GREAT FOR SCHOOL:

1. Everyone needs a blazer **to layer with!** It dresses up jeans and can take your summer clothes into fall.
2. The **super-soft** fabric feels like a comfy sweatshirt (but looks so much better).
3. It has a **flirty slim fit**—so it shows off your shape!

jacket

Sizes XS–XL,
Dream Out Loud
by Selena
Gomez, \$18,
select Kmart
stores

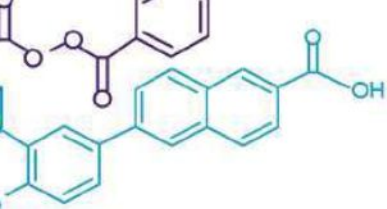



so cute for
just **\$18!**



SEVENTEEN.COM

Selena shares her personal style tricks at seventeen.com/selenastyle.




Epiduo[®]
(adapalene and benzoyl
peroxide) Gel 0.1% / 2.5%

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BIOLOGY
FOR**

SERIAL CRUSHES

**BLAME
BIOLOGY
FOR**

**BAD
SKIN**



1. **ask about
EPIDUO**
(800) 683-1628

EPIDUO.COM

YOU CAN'T FIGHT YOUR HORMONES, BUT YOU CAN DO SOMETHING ABOUT THE ACNE BREAKOUTS THEY CAUSE. SO BLAME BIOLOGY.* THEN 1. CALL YOUR DOCTOR, AND 2. ASK ABOUT PRESCRIPTION EPIDUO[®] (adapalene and benzoyl peroxide) GEL 0.1%/2.5%. IT'S THE FIRST (AND ONLY!) ONCE-A-DAY TOPICAL GEL THAT COMBINES TWO OF THE MOST WIDELY PRESCRIBED ACNE MEDICATIONS TO WORK ON THE BREAKOUTS YOU HAVE AND HELP PREVENT NEW ONES. EASY. // **PAY NO MORE THAN \$35 FOR YOUR EPIDUO[®] PRESCRIPTION.** Go to Epiduo.com to find out how.

IMPORTANT SAFETY INFORMATION: Epiduo[®] Gel is indicated for the topical treatment of acne vulgaris in patients 12 years and older. Apply to affected skin once per day, avoiding the eyes, lips and mucous membranes. Common adverse events associated with use of Epiduo[®] Gel are redness, scaling, dryness, stinging and burning. You may also experience contact dermatitis and/or skin irritation. These side effects typically resolve during the first four weeks of treatment, but speak to your doctor if they persist. Avoid excessive exposure to sunlight and sunlamps while using Epiduo[®] Gel, and use of sunscreen products and protective clothing is recommended. Do not use irritating topical products that contain resorcinol, salicylic acid or sulfur. Pregnancy Category C.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit fda.gov/medwatch, or call 1-800-FDA-1088.

*For most insured patients. Uninsured patients please go to Epiduo.com/rebate for more information. Not valid for prescriptions reimbursed under Federal/State programs. See Epiduo.com for details.

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PLEASE SEE BRIEF SUMMARY OF PRESCRIBING INFORMATION ON NEXT PAGE.

GALDERMA
Committed to the future
of dermatology

EPIDUO™

(adapalene and benzoyl peroxide) Gel 0.1% / 2.5%

Rx only

For Topical Use Only

Not For Ophthalmic, Oral, or Intravaginal Use.

BRIEF SUMMARY

INDICATIONS AND USAGE

EPIDUO Gel is a combination of adapalene, a retinoid, and benzoyl peroxide, and is indicated for the topical treatment of acne vulgaris in patients 12 years of age and older.

CONTRAINDICATIONS

None.

WARNINGS AND PRECAUTIONS

Ultraviolet Light and Environmental Exposure: Avoid exposure to sunlight and sunlamps. Wear sunscreen when sun exposure cannot be avoided. Erythema, scaling, dryness, and stinging/burning may occur with use of EPIDUO Gel.

ADVERSE REACTIONS

Observed local adverse reactions in patients treated with EPIDUO Gel were erythema, scaling, dryness, stinging, and burning. Other most commonly reported adverse events ($\geq 1\%$) in patients treated with EPIDUO Gel were dry skin, contact dermatitis, application site burning, application site irritation, skin irritation.

DRUG INTERACTIONS

Exercise caution in using preparations containing sulfur, resorcinol, or salicylic acid, medicated or abrasive soaps and cleansers and products with high concentrations of alcohol or astringents in combination with EPIDUO Gel. Concomitant use of topical products with a strong drying effect can increase irritation. Use with caution.

Pregnancy

Pregnancy Category C. There are no well-controlled trials in pregnant women treated with EPIDUO Gel. Animal reproduction studies have not been conducted with the combination gel or benzoyl peroxide. Furthermore, such studies are not always predictive of human response; therefore, EPIDUO Gel should be used during pregnancy only if the potential benefit justifies the risk to the fetus.

No teratogenic effects were observed in rats treated with oral doses of 0.15 to 5.0 mg adapalene/kg/day, up to 25 times (mg/m²/day) the maximum recommended human dose (MRHD) of 2 grams of EPIDUO Gel. However, teratogenic changes were observed in rats and rabbits when treated with oral doses of ≥ 25 mg adapalene/kg/day representing 123 and 246 times MRHD, respectively. Findings included cleft palate, microphthalmia, encephalocele and skeletal abnormalities in rats; and umbilical hernia, exophthalmos and kidney and skeletal abnormalities in rabbits. Dermal teratology studies conducted in rats and rabbits at doses of 0.6-6.0 mg adapalene/kg/day [25-59 times (mg/m²) the MRHD] exhibited no fetotoxicity and only minimal increases in supernumerary ribs in both species and delayed ossification in rabbits.

Nursing Mothers

It is not known whether adapalene or benzoyl peroxide is excreted in human milk following use of EPIDUO Gel. Because many drugs are excreted in human milk, caution should be exercised when EPIDUO Gel is administered to a nursing woman.

Pediatric Use

Safety and effectiveness of EPIDUO Gel in pediatric patients under the age of 12 have not been established.

Geriatric Use

Clinical studies of EPIDUO Gel did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No carcinogenicity, photocarcinogenicity, genotoxicity, or fertility studies were conducted with EPIDUO Gel.

Carcinogenicity studies with adapalene have been conducted in mice at topical doses of 0.4, 1.3, and 4.0 mg/kg/day (1.2, 3.9, and 12 mg/m²/day), and in rats at oral doses of 0.15, 0.5, and 1.5 mg/kg/day (0.9, 3.0, and 9.0 mg/m²/day). In terms of body surface area, the highest dose levels are 9.8 (mice) and 7.4 times (rats) the MRHD of 2 grams of EPIDUO Gel. In the rat study, an increased incidence of benign and malignant pheochromocytomas in the adrenal medulla of male rats was observed.

No significant increase in tumor formation was observed in rodents topically treated with 15-25% benzoyl peroxide carbopol gel (6-10 times the concentration of benzoyl peroxide in EPIDUO Gel) for two years. Rats received maximum daily applications of 138 (males) and 205 (females) mg benzoyl peroxide/kg. In terms of body surface area, these levels are 27-40 times the MRHD. Similar results were obtained in mice topically treated with 25% benzoyl peroxide carbopol gel for 56 weeks followed by intermittent treatment with 15% benzoyl peroxide carbopol gel

for rest of the 2 years study period, and in mice topically treated with 5% benzoyl peroxide carbopol gel for two years.

The role of benzoyl peroxide as a tumor promoter has been well established in several animal species. However, the significance of this finding in humans is unknown.

In a photocarcinogenicity study conducted with 5% benzoyl peroxide carbopol gel, no increase in UV-induced tumor formation was observed in hairless mice topically treated for 40 weeks.

No photocarcinogenicity studies were conducted with adapalene. However, animal studies have shown an increased tumorigenic risk with the use of pharmacologically similar drugs (e.g., retinoids) when exposed to UV irradiation in the laboratory or sunlight. Although the significance of these findings to humans is not clear, patients should be advised to avoid or minimize exposure to either sunlight or artificial irradiation sources.

Adapalene did not exhibit mutagenic or genotoxic effects *in vitro* (Ames test, Chinese hamster ovary cell assay, mouse lymphoma TK assay) or *in vivo* (mouse micronucleus test).

Bacterial mutagenicity assays (Ames test) with benzoyl peroxide has provided mixed results, mutagenic potential was observed in a few but not in a majority of investigations. Benzoyl peroxide has been shown to produce single-strand DNA breaks in human bronchial epithelial and mouse epidermal cells, it has caused DNA-protein cross-links in the human cells, and has also induced a dose-dependent increase in sister chromatid exchanges in Chinese hamster ovary cells. In rat oral studies, 20 mg adapalene/kg/day (120 mg/m²/day; 98 times the MRHD based on mg/m²/day comparison) did not affect the reproductive performance and fertility of F₀ males and females, or growth, development and reproductive function of F₁ offspring.

No fertility studies were conducted with benzoyl peroxide.

PATIENT COUNSELING INFORMATION

- Advise patients to cleanse the area to be treated with a mild or soapless cleanser; pat dry. Apply EPIDUO Gel as a thin layer, avoiding the eyes, lips and mucous membranes.
- Advise patients not to use more than the recommended amount and not to apply more than once daily as this will not produce faster results, but may increase irritation.
- EPIDUO Gel may cause irritation such as erythema, scaling, dryness, stinging or burning.
- Advise patients to minimize exposure to sunlight, including sunlamps. Recommend the use of sunscreen products and protective apparel, (e.g., hat) when exposure cannot be avoided.
- EPIDUO Gel may bleach hair and colored fabric.

Marketed by:

GALDERMA LABORATORIES, L.P.
Fort Worth, Texas 76177 USA

Manufactured by:

Galderma Production Canada Inc.
Baie d'Urfé, QC, H9X 3S4 Canada
Made in Canada.

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Revised: December 2008

P51356-0

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H&M, \$20,
H&M stores



tee
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\$20, alloy.com.
bag
H&M, \$13, H&M stores.



tee
Sizes S-XL,
T.J. Maxx, \$13,
T.J. Maxx
stores

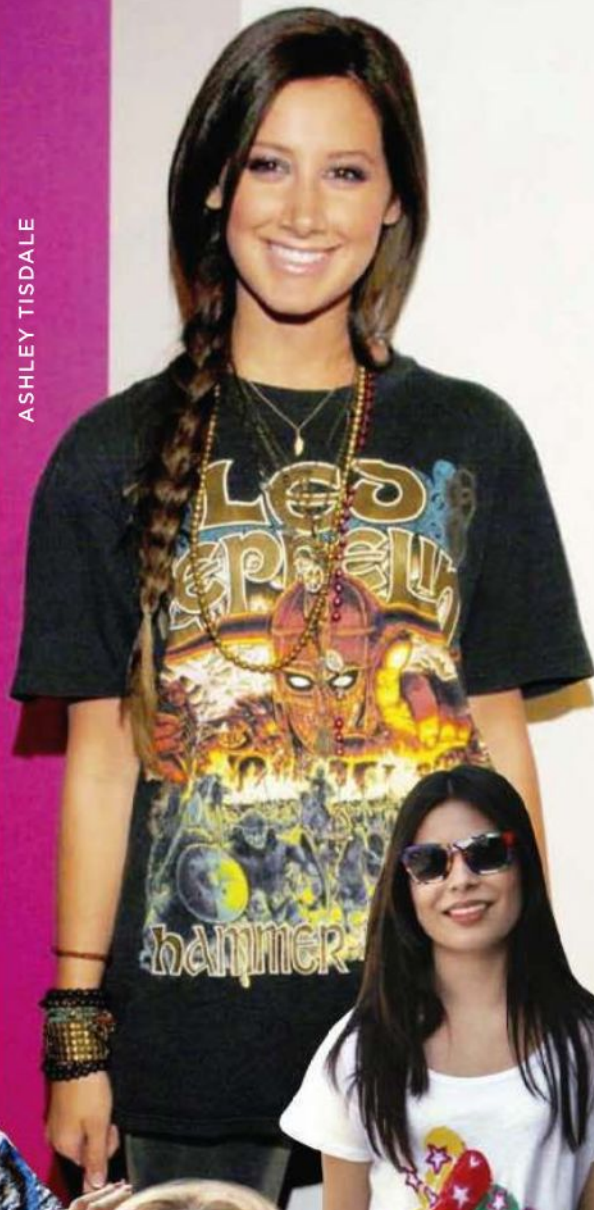


tee
Sizes S-XL,
CRB, \$13,
Sears



tee
Sizes XS-XL, Op,
\$5, Walmart
stores.
necklace
Simply Vera
Vera Wang, \$32,
select Kohl's.

ASHLEY TISDALE



MIRANDA COSGROVE



BEYONCÉ

STILL LIVES: JESUS AYALA/STUDIO D. STILL LIVES STYLE: CLAIRE TEDALI FOR HALLEY RESOURCES. TISDALE: JASON LAVERIS/FILMMAGIC. COSGROVE: AIR/BAUERGRIFFINONLINE.COM. BEYONCÉ: DM CALLISTER/PACIFICCOASTNEWS.COM.

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SPECIAL!**

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skirt
Sizes 2-12,
H&M, \$20,
H&M stores.
belt
H&M, \$18,
H&M stores.



SKIRTS

\$30 & under

skirt
Sizes XS-XL,
Aéropostale,
\$20,
Aéropostale
stores



skirt
Sizes S-L,
AMI Clubwear,
\$25,
amclubwear
.com



skirt
Sizes XS-XL,
Susie Rose, \$14,
Walmart stores



skirt
Sizes XS-L,
Necessary
Objects, \$30,
alloy.com.
belt
Lulu's, \$17,
lulus.com.



AMANDA SEYFRIED

076



MICHELLE
TRACHTENBERG

CELEB NAME

sweater
 Sizes S-XL,
 U.S. Polo Assn.,
 \$30, Sears.
scarf
 DC, \$20,
 dcshoes.com.

sweater
 Sizes S-XL,
 Mudd, \$30,
 Kohl's



SWEATERS

under \$40

sweater
 Sizes S-XL,
 Glimmer by
 JJ Basics,
 \$25, Macy's.
camisole
 Sizes XS-XXL,
 American
 Eagle
 Outfitters,
 \$40, ae.com.



sweater
 Sizes XS-L,
 Forever 21,
 \$20, select
 Forever 21
 stores

sweater
 Sizes XS-XXXL,
 Alloy, \$33,
 alloy.com.
necklace
 Lulu's, \$27,
 lulus.com.



LOVATO: JOSE PEREZ/SPLASH NEWS. HUDGENS: AHMAD ELATAB-SALEEMELATAB/SPLASH NEWS. MEESTER: RON ASADORIAN/SPLASH NEWS.

DEMI LOVATO



LEIGHTON
 MEESTER

VANESSA
 HUDGENS

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HAYDEN
PANETTIERE

ALY MICHALKA

AMBER RILEY



dress
Sizes
XS-XXXL,
Angie, \$45,
alloy.com



dress
Sizes XS-XL,
Route 66,
\$17, Kmart
stores.
bag
Nine West,
\$69, Nine
West stores.

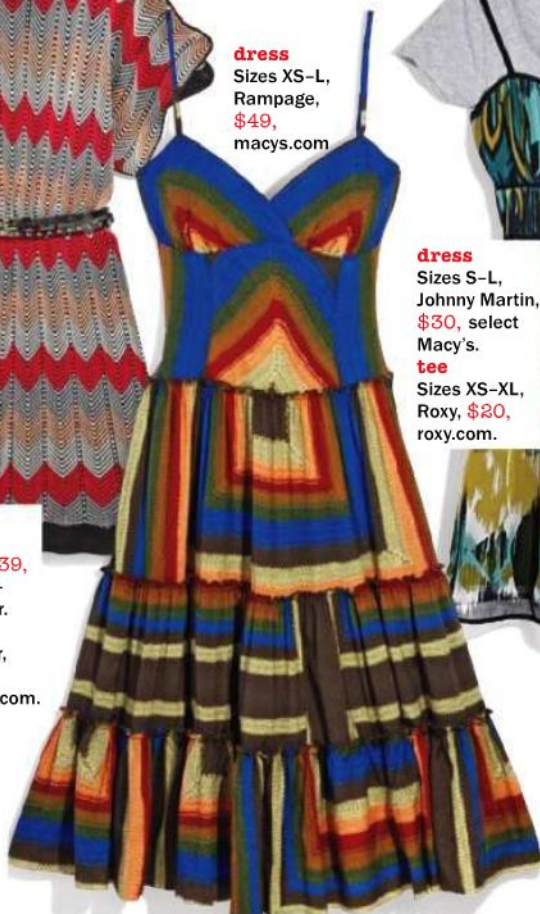
DRESSES

under \$50



dress
Sizes XS-L,
Rampage,
\$49,
macys.com

dress
Sizes S-XL,
Absolutely, \$39,
call 212-840-
3300 to order.
belt
AMI Clubwear,
\$11,
amiclubwear.com.



dress
Sizes S-L,
Johnny Martin,
\$30, select
Macy's.
tee
Sizes XS-XL,
Roxy, \$20,
roxy.com.



jacket
 Sizes XS-XXL,
 Te Amo, \$35,
 Sears.
sunglasses
 Lulu's, \$9,
 lulus.com.

jacket
 Sizes XS-XL,
 Tulle, \$58,
 tulle4us.com

JACKETS

under \$60



jacket
 Sizes S-L,
 AMI Clubwear,
 \$28,
 amiclubwear.com.
t-shirt
 Sizes S-L, Junk
 Food Clothing,
 \$28,
 junkfoodclothing
 .com.



jacket
 Sizes XS-XL,
 Unionbay,
 \$44,
 unionbay.com



jacket
 Sizes S-L,
 JouJou, \$40,
 bonton.com



RIHANNA



VICTORIA JUSTICE



ASHLEY GREENE

JUSTICE: JOHN SHEARER/WIREIMAGE. RIHANNA: BAMBAM/X17ONLINE.COM. GREENE: JESSE KNISH/WIREIMAGE.

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audrey, 17

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Benji Madden
Good Charlotte

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Good Charlotte

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beauty

17 WAYS TO GET

Pretty
FOR SCHOOL!

All of these tricks add up
to an amazing first-day look!

BY meredith gray

THE ① PERFECT LOOK FOR YOUR SKIN TONE

Put your best face forward in these customized color combos!

fair

A champagne shadow subtly pops against light skin; pink lips and cheeks pump up your natural rosiness.

beige

Warm up your yellow undertones with gold eyes and pinky bronze cheeks—cherry gloss adds a splash of color.

olive

Purple hues counteract hints of green in your skin; a mauve blush and gloss keep you from looking brighter.

golden

Silver shades give your warm skin a cool glow, but a peachy blush and gloss keep you from looking washed out.

bronze

A copper liner's metallic sheen makes your eyes sparkle. Rosy blush and gloss draw out your pink undertones.

deep

Caramel lips and berry cheeks create a flattering flush; bright navy shadow lets your eyes steal the show.

EYES

CHEEKS

LIPS

try: Stila One Step PrimeColor in Kitten, \$22, stilacosmetics.com; Sonia Kashuk Beautifying Blush in Pink, \$9, Target stores; Maybelline New York Shine Sensational Lip Gloss in Watermelon Punch, \$6, drugstores

try: Essence Colour & Shine Eye Shadow in Stage Beauty, \$3, ULTA stores; Neutrogena Healthy Skin Custom Glow Blush & Bronzer in Posie Glow, \$12, drugstores; Tarina Tarantino Gem Gloss in Fuchsia Revolution, \$19, Sephora stores

try: Hard Candy Take Me Out Liner in Luxe, \$6, Walmart stores; E.l.f. Studio Blush in Fuchsia Fusion, \$3, eyeslipsface.com; Illamasqua Intense Lip Gloss in Move, \$19, Sephora stores

try: Maybelline New York Eye Studio Color Pearls Marbleized Eye Shadow in Silver Starlet, \$7, drugstores; Rimmel London Lasting Finish Blendable Blush in Berry, \$5, drugstores; Aerie Botanical Volugloss in Sunrise, \$10, Aerie stores

try: Mally Beauty Evercolor Shadow Stick in Bronze, \$25, mallybeauty.com; Topshop Blush in Nutmeg, \$12, topshop.com; Victoria's Secret VS Makeup Brilliant Lip Shine in Randy, \$12, victoriasecret.com

try: Tokidoki Cromatico Eyeshadow in Skeletrina, \$15, Sephora stores; Wet n Wild Color Icon Blusher in Heather Silk, \$3, drugstores; Mark Shine Tubes Hook Up Lip Gloss in Sugared Almond, \$6, meetmark.com

③ EXPERT TOOLS that help you look awesome!

* SMUDGE ERASER

Q-Tips are an easy fix for mascara smears and runny liner. Just dab in eye makeup remover and wipe away without ruining the rest of your makeup!

try: Q-Tips Cotton Swabs, \$3 for pack of 285, drugstores

* SKIN SMOOTHER

Pros love this little makeup sponge, because it blends foundation perfectly so it looks even and flawless.

try: Beautyblender, \$20, beautyblender.net

* EYE BRIGHTENER

Curling your lashes gives eyes a wide-awake look. This curler has just the right shape so you reach each lash without any pinching. **try:** Shu Uemura Eyelash Curler, \$19, shuuemura.com

③ LESSONS EVERY GIRL NEEDS TO KNOW

These basic beauty moves can transform your entire look!

* SHAPE YOUR BROWS

Neat, defined brows frame your face and draw attention to your pretty eyes.

• **TRIM** first, so you can see where you need to tweeze. Use a brow comb to guide the hair upward, then snip the pieces that are longer than the top of your brow.

try: Christi Harris Precision Brow Planing Shears, \$30, christiharrisbrows.com

• **TWEEZE** one hair at a time, grabbing it as close to the base as you can. Follow the natural shape of your brow, and only pluck the hairs underneath your brows.

try: Tweezerman Hot for Dots Mini Slant Tweezer, \$15, Sephora stores

• **DEFINE** the shape with a tinted brow gel. It fills in sparse areas and keeps every hair in place. **try:** Benefit Speed Brow, \$16, Sephora stores

* MAKE ZITS DISAPPEAR

Banish any bump with this trick: Use a flat brush with a rounded edge (it pinpoints the exact spot) to apply concealer, then pat gently with your fingertip to blend. This cover-up layers easily, so you get more coverage without a mound of makeup.

try: Cover FX Conceal FX Camouflage Concealer, \$26, coverfx.com; Smashbox Precision Concealer Brush #5, \$20, smashbox.com

* GET FLAWLESS SKIN

You want a base so smooth that it *looks* like your skin—only better! The key is to find the right formula for your skin type.

DRY SKIN

A tinted moisturizer gives your skin the extra hydration it needs, and it evens out your skin tone. This one contains light reflecting pigments so you look naturally glowy.

try: Sonia Kashuk Radiant Tinted Moisturizer SPF 15 in Linen, \$13, Target stores

COMBO SKIN

This liquid foundation gives dry skin a dewy finish, but it's oil-free, so it won't add extra grease to any slick areas.

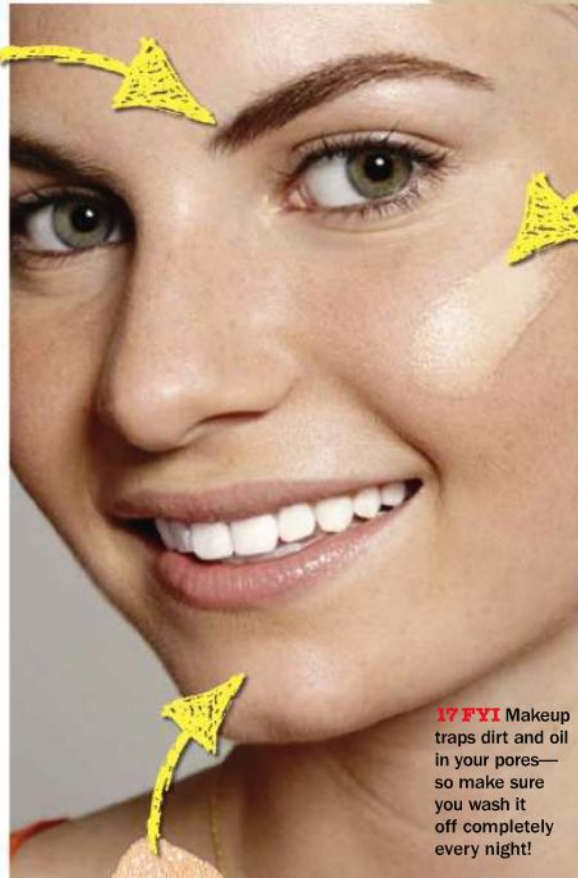
try: Revlon PhotoReady Makeup, \$14, drugstores



OILY SKIN

Mineral powder absorbs oil to give you a matte finish, and it lets skin breathe to help clear breakouts too.

try: Neutrogena Mineral Sheers Loose Powder Foundation in Buff, \$12, drugstores



IF FYI Makeup traps dirt and oil in your pores—so make sure you wash it off completely every night!



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Find your shade at revlon.com



5 PRETTY HAIRSTYLES FOR ALL TEXTURES



VANESSA HUDGENS

* BALLERINA BUN

FOR WAVY HAIR: Flip over your hair and gather into a high pony at the crown of your head. (A little messy texture makes it prettier!) Twist it into a tight coil, then wrap it clockwise to create a big bun. Secure with an elastic.



ANNALYNNE MCCORD

* UNDONE KNOT

FOR SUPER-CURLY HAIR: Scrunch spray gel into damp hair, then make a side part and pull it back into a low messy bun. Leave out a shorter side-swept layer in the front.



LAUREN CONRAD

* SLEEK SWOOP

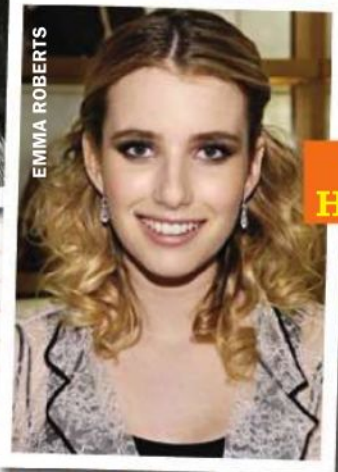
FOR STRAIGHT HAIR: Flat-iron hair first, then sweep a 2-inch section of hair across your forehead; bobby-pin it behind your ear.



KEKE PALMER

* FLIRTY UPDO

FOR RELAXED HAIR: Tease the hair at your crown to add height, then pull your hair back into a French twist. Use a curling iron to add texture to a few face-framing tendrils.



EMMA ROBERTS

* WILD HALF-UP

FOR CURLY HAIR: Make a center part and slick back the front of your hair, then fluff up the loose curls for lots of volume.



17 FYI Avoid putting shine serums on your roots—focus on ends so hair stays bouncy, not droopy.

THE 1 HAIR TRICK THAT STOPS FRIZZ FOREVER:

AN AT-HOME SMOOTHING TREATMENT!

This two-step kit helps you get the ultimate blowout—by yourself. It works to smooth rebellious flyaways so your hair is easier to style. The treatment can help make your natural texture more manageable too, so you'll stay frizz-free even when you don't feel like blow-drying.



try: Garnier Fructis Style Sleek & Shine Blow Dry Perfector 2-Step Smoothing Kit, \$12, drugstores

ON MODEL: TANK, BB DAKOTA; EARRINGS, D&G; BAG, TOPSHOP; HUDGENS: STEVE GRANITZ/WIREIMAGE; MCCORD: K/SPLASH NEWS; PALMER: STEVE GRANITZ/WIREIMAGE; CONRAD: DAVID LIVINGSTON/GETTY IMAGES; ROBERTS: DIMITRIOS KAMBOURIS/WIREIMAGE.

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Clearasil Overnight Serum partners with your skin to visibly reduce redness and pimple size overnight.

That's because Clearasil gets that your skin behaves differently while you sleep. So our non-oily, maximum-strength spot treatment actually works with your skin while it's hard at work renewing and regenerating itself to help fight acne. That way you can catch up on your beauty sleep and wake up looking and feeling awesome.



4 SECRETS FOR AMAZING SKIN

Breakouts, dark spots, and rough patches are no match for these skin savers.



ZAP ZITS FAST

Use a triple-threat acne fighter:

farnesol
kills acne-causing bacteria



willow bark extract
peels away dead skin



sulfur



THE ULTIMATE ZIT ZAPPER!

These acne-fighting ingredients work together to dry up existing pimples and keep new ones from forming. Apply this lotion all over in the morning and at night after washing your face.

try: Dr. Dennis Gross Skincare Trifix Acne Clearing Lotion, \$32, dgskinicare.com



ERASE DARK SPOTS

Regular acne products with drying alcohol and benzoyl peroxide can make spots linger. This cleanser contains gentle white tea to brighten skin and hydrate at the same time.

try: GoClear Clarifying Cleanser AM/PM, \$25, Sephora stores



STAY SMOOTH

A moisturizer packed with antioxidants purifies skin for a pretty glow. Here's how:



NOURISHMENT

Antioxidants work to replenish the moisture your skin loses throughout the day, and they detox pores that get stuffed with dirt, oil, and makeup.



PROTECTION

Antioxidants also fight free radicals, which can cause skin damage and give your face a rough texture. Using a lotion with them creates a softer surface.

try: Freeman Superfruits Rejuvenating Facial Moisturizer, \$4, drugstores



CLEAR YOUR PORES

Dig out every last bit of gunk and old makeup. This vibrating scrubber grabs the deep-down dirt that a washcloth can't reach.

try: Clean & Clear Morning Burst Surge Energizing Power Cleanser, \$16, drugstores



17 FYI Wear sunscreen when you use acne products—some make you more sensitive to the sun.

MAIN IMAGE: SARRA FLEUR/STUDIO D. STYLIST: KATIE PAINE. HAIR: TYLER LASWELL FOR TRESEMME/CONTACTNYC.COM. MAKEUP: SHAWNELLE PRESTIGE FOR CHRISTIAN DIOR AT RAYBROWPRO.COM. MANICURE: SOFIA SHUSTEROV FOR MAC PRO AT JUDY CASEY, INC.

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azoproducts.com/seventeen

OMG! hair makeovers

Turn heads in the hallways! Let these reader hairdo-overs inspire you to have your own major first-day moment. **by heather muir**

THE CONFIDENCE CUT!

If you want *this* to be the year to get noticed, give your locks some **rock-star attitude!**

“I always thought I looked so **plain**. I’m never confident about my looks. I want a makeover that will make me look and feel **better!**”

—monica, 17



BEFORE

17 FYI Esed tat num
me... tie veessim
nu... ure dipis digna
fa... nei tis exerili qua
tu... frit iure eros the
commy lng el iusto



AFTER



1

GET THE CUT

Long, heavy one-length hair drags down your whole look. (You look plain, so you *feel* plain!) The solution? Ask your stylist for **choppy layers**—they’ll lighten your style and create exciting movement). Ask him to cut vertically into your hair so you get that feathery rocker-chic shag.

2

FIND YOUR FRINGE

With **angled piecey bangs**, you won’t hide behind your hair, but you don’t have to feel too exposed either. The trick to getting that rock edge is to make them uneven: Some pieces should hit above your brows, and some below.



3

SMOOTH IT OVER

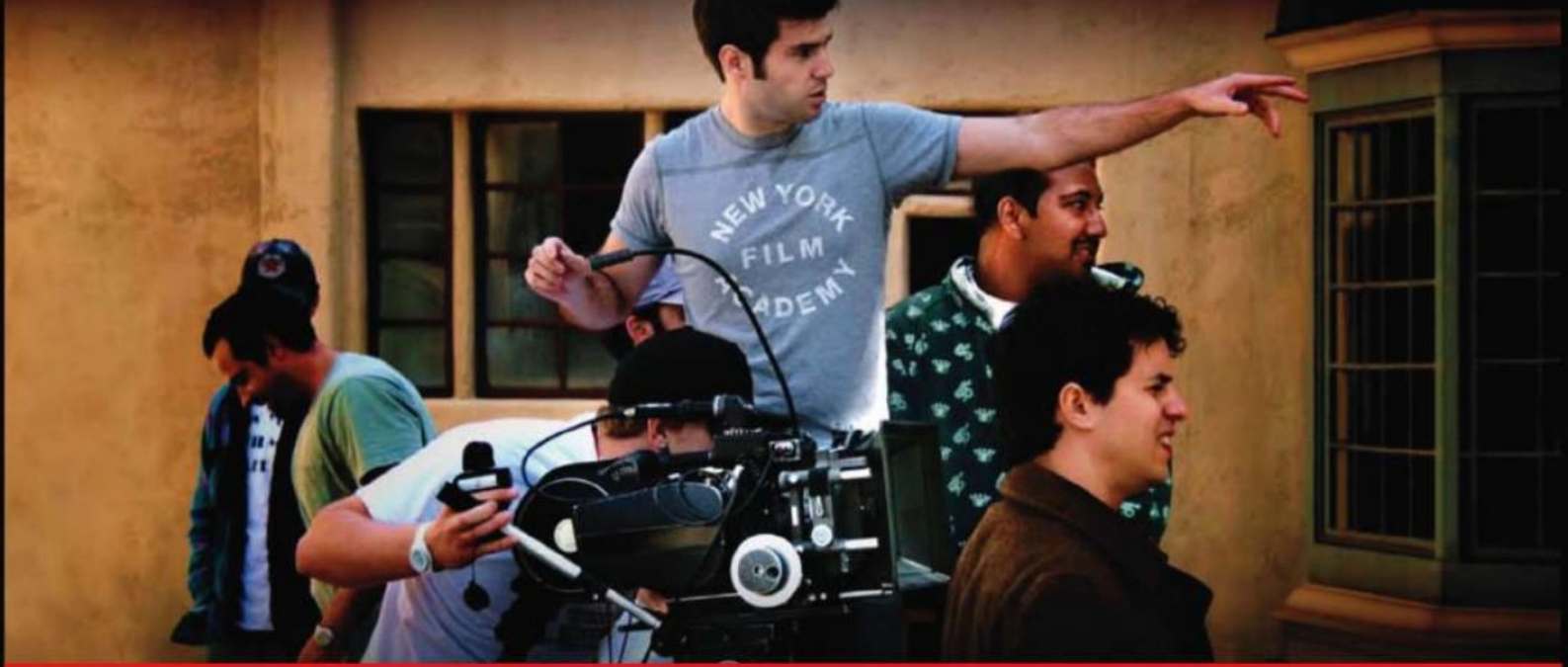
Texture and shine give you an instant confidence boost! Define your layers with a few passes of a flat-iron on dry hair—bend their edges by flicking your wrist when you reach the ends. Apply a **shine-boosting texturizer** from midlength to ends.



try: Conair MiniPRO You Style 2-in-1 Ceramic Styler, \$21, drugstores; Gö2b Anti-Frizz Shine Serum, \$6, drugstores

REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. HAIR: JOHNNY LAVOY, FORD ARTISTS NYC FOR KERASTASE. MAKEUP: BRIAN DUPREY FOR DIOR BEAUTY AT JUDY CASEY, INC. ON MONICA; (AFTER) TANK, REVOLVER; NECKLACE: MANDEE. STILL LIVES: J. MUCKLE/STUDIO D.

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THE BOMBSHELL MAKEOVER!

Show off your flirty side with **layers** and **glamorous highlights**!

“I’m tired of being ‘the cute one.’ I want guys at school to do a **double take** when they see me!”

—lucy, 16



AFTER



1

LIGHTEN UP

Polish your look and get a hairstyle that stands out by asking a colorist to give you **highlights all over**. (Go two shades lighter than your natural color for your most flattering look.)

2

GET IN SHAPE

Get pretty movement by asking your stylist to cut **long layers** throughout dry hair. (A dry cut helps him judge the right amount to snip.) If you have curly hair, layers will keep your style from looking poufy.



3

BUILD BODY

For glam waves, mist hair with a setting spray, then blow-dry three-inch sections, using a **round brush**. After hair is dry, curl sections with a medium-size curling iron, then wrap into a pin curl. Secure with clips for 10 minutes to cool, then undo and shake out.

try: Warren-Tricomi Hot-Set Spray, \$17, warrentricomi.com; Goody Chic Touch Hot Round Brush, \$6, Walmart stores

Special thanks to stylist Jillian Halouska and colorists Danielle Lint and Lauren Hack at the Warren-Tricomi Salon in New York, NY.

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VIOLET LIPS by Ingrid, 21

YouTube screen name: **missglamorazzi**

"Wearing a soft purple shade on your lips is a pretty surprise! This is the perfect find—not too pink, not too purple."



HOW-TO:

"For a smooth and even application, prep lips with balm. Then wipe on a creamy violet lipstick and blot with a tissue for a cool matte finish."

try: Lime Crime Airborne Unicorn Opaque Lipstick, \$16, spacenk.com



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Meet our new
Beauty Smartie,
Ingrid!

Watch all her videos at
seventeen.com/beautysmarties.

fun new makeup ideas

HOW-TO:

line and define

"Using a felt-tip liner, draw a thin line along your lid, starting at the inner corner. When you reach the outer corner, flick your wrist upward to create a wing."



wing it

"Add a modern twist by drawing a second wing—angled toward your temple—underneath the first one. Neither wing should go past where your brow ends."



intensify your eyes

"Use a cotton swab to dry your bottom inner lashlines (liner sticks better this way). Line the inner rim with a soft black pencil."



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Our Beauty Smarties have one major back-to-school assignment: to make sure *you* look beautiful! **BY** heather muir

FISHTAIL LINER

by Kat, 22

YouTube screen name: **eyelovemac**

"Make your eyes pop with a double-winged liner look. It's a new take on the cat's eye!"



try: Styll-Style Liquid Liner 24 in Blackest Black, \$7, drugstores; Victoria's Secret VS Makeup Eye Liner in Extreme Black, \$8, victoriasecret.com



SEE THEIR HOW-TO VIDEOS ON YOUR PHONE! Watch how-to videos on your smartphone by downloading the free app at gettag.mobi. Then snap the "17" tags on these pages. For help, go to seventeen.com/tags.

8:00am



4:00pm



8:00pm

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* For all day volume: Flat to Volume Shampoo & Conditioner, Root Lifter Spray Gel and Lasting Volume Hairspray.

** vs. thick hair.

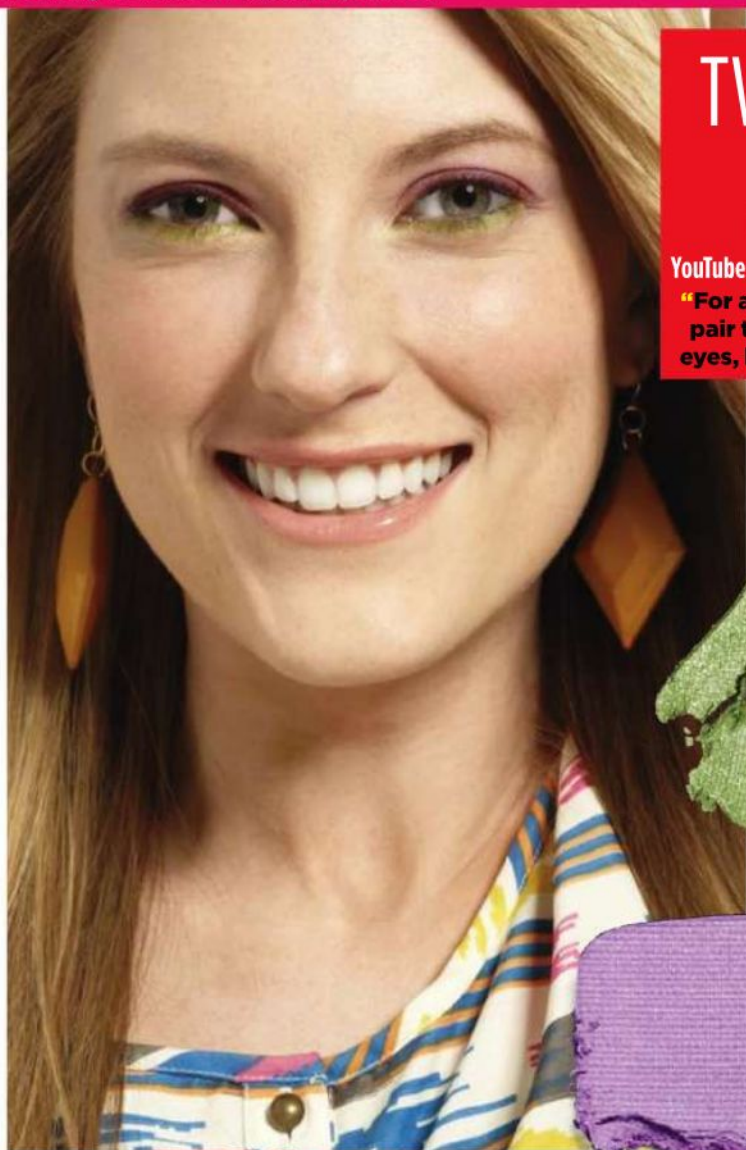
† System vs. Shampoo and Conditioner.



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TWO-TONE EYES

by **Elle, 22**

YouTube screen name: **AllThatGlitters21**

"For an easy beauty update, pair two fun colors on your eyes, like purple and green."

HOW-TO:



swipe on purple

"Using a fluffy eyeshadow brush, blend a powdery purple shadow over your upper lids and very softly into

the creases (the majority of the pigment should go along the lashlines)."



add a contrasting shade

"Green will make the purple pop! Use a flat eyeliner brush to sweep a

shimmery green shadow on lower lashlines—the glittery flecks make your eyes sparkle!"



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try: Urban Decay Stardust Eyeshadow in Griffith, \$20, urbandecay.com; CoverGirl Eye Enhancers in Purple Pop, \$4, drugstores

eyes

try: Urban Decay Deluxe Eyeshadow in Hot Pink, \$18, urbandecay.com

lips

try: Sally Hansen Miracle Care Lip Saver in Gentle, \$8, drugstores

METALLIC HIGHLIGHTS

by **Dana, 20**

YouTube screen name: **trinigal08**

"Metallic shades like copper and gold blend beautifully on deep skin tones, so you look bright but natural."

HOW-TO:

"Dust a shimmery copper eyeshadow on top and bottom lids, then swirl a similar shade of blush onto the apples of your cheeks. Highlight your lips with a swipe of warm gold lip gloss with subtle sparkle."



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cheeks

try: Lorac Baked Matte Satin Blush in Hollywood, \$24, sephora.com



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HEALTHY MAKES IT HAPPEN

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WHAT YOU DRINK SHOULD BE
PROVEN TOO.**



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02

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GET YOUR BEST BODY

FOR BACK-TO-SCHOOL!

These girls changed their
bodies and their lives!
So turn the page for an easy,
fun plan that will help you
look and feel amazing.



Jane cut portion sizes
and dropped 85 lbs.!



Melissa went from couch
potato to triathlete!



Christine got fit by
playing a sport she loves!

INSIDE: Celeb secrets for your hottest abs, butt & legs!

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*versus the leading and the next leading regular Ultra. ©2010 P&G



“I GOT MY BEST BODY EVER—

No crazy diets or boring workouts for these girls. Read on to see how they

“I went from ‘chubby’ to triathlete!”

Freshman year of high school, I was walking down the hall when some kid yelled, ‘Who let the chubby girl leave the house in *that* outfit?’ Everyone laughed. When I looked down at my clothes—and my body—I felt totally ashamed and embarrassed. Was that what other people *really* thought when they saw me?

In that moment, I decided to change. I was about 40 pounds overweight and had never exercised much, so I asked my sister to join the gym with me. I went every day, power-walking for an hour on the treadmill. At first I was intimidated by the super-fit people there, but once I saw them sweating it out *every* day, I realized those amazing bodies take hard work too! That trick got me through my workouts and inspired me to eat better. I cut out fast food and asked my mom to grill food instead of frying it. I still treated myself to a candy bar sometimes, but once I was used to healthier stuff, I wanted only a bite of the chocolate!

I lost 15 pounds that summer, and another 15 by junior year, but soon the same old workout stopped working. That’s when my sister signed us up for a triathlon—I thought she was crazy, but we ran, biked, and swam to train. I finished the race *and* lost the last 10 pounds! Now I try to be active every day. Even if I have only 15 minutes to exercise, I give that 15 minutes *everything* I’ve got!” —MELISSA, 21

THE WAY I REWARD MYSELF: shopping!

“Nothing is better than buying something that makes me feel confident about my body and proud of how hard I’ve worked.”



NOW

THEN



NOW

“I had to get in shape to play the sport I love!”

I had always been a major athlete (basketball, softball, and soccer—my *real* passion), but senior year, I broke my hip jumping up for a rebound at basketball practice, which sidelined me until fall. I was crushed, and so was my dream of playing college soccer! So I’d go home after school and snack all afternoon out of boredom and sadness. Without three-hour practices to counter my lousy eating habits, I gained weight *fast*. By the time I left for college just three months later, I had jumped from a size 6 to a size 12!

I needed a goal, so I focused on making my college’s varsity soccer team the next fall. I was still weak, so I had to start slow. I walked everywhere on my hilly campus instead of driving, and a few months later I added a half hour on the elliptical machine three times a week. By spring, I was running outside, and by summer I was doing the super-tough drills the varsity team’s coach had given me. Reminding myself how much I loved soccer kept me motivated! Sadly, all the hard work didn’t turn into a spot on varsity, but I *did* lose 30 pounds and made the club team. Now I stay fit playing a sport I love, which was my *real* goal. I feel like my old self again!” —CHRISTINE, 20



THEN

MY #1 SECRET TO SUCCESS:

Change your eating habits first.

“Once I stopped eating junk food all the time, I had more energy. I actually wanted to work out!”

AND SO CAN YOU!"

got healthy and hot—and had fun doing it!

"I walked off 85 lbs.—with the help of my friends!"

I can't remember when I *wasn't* the biggest girl in the room, but I hated to exercise. When I'd run, my heart would pound in my chest, then I'd feel tired right away and get defeated.

I never wanted to lose weight badly enough to stick with it. I'd also eat just to *eat*, not out of hunger. By high school, I weighed more than 200 pounds and was shopping for size-38 men's jeans—bigger than what my *dad* wore.

Then just before sophomore year, a friend and I got on a roller coaster, and the lap bar wouldn't tighten past my stomach. She had to move to another seat because of the eight-inch gap, and I rode alone. Right then and there, I vowed to change my life for real—I *never* wanted to be that embarrassed by my body ever again.

MUSIC THAT GETS ME PUMPED:
any song by Lady Gaga!

"I also love 'Up Up & Away' by Kid Cudi and 'Son's Gonna Rise' by Citizen Cope."

By doing some research, I realized I had been too extreme in the past. So this time, I made easier changes. My best friends and I started walking at a medium pace for an hour every day. I cut portions in half (I had been eating huge amounts!), and I began to use skim milk instead of whole in my cereal and get veggie pizza instead of plain. It worked! I lost a couple of pounds a week. Now it's almost a year later and I am down 85 pounds. I'll never forget the first time my mom could reach all the way around my body to give me a hug—it felt better than *any* compliment!" **—JANE, 17**

"By high school, I was shopping for size-38 men's jeans—bigger than what my dad wore."



join our team!

It's always easier to get in shape when you have support! So join these amazing girls on Team Seventeen, our online fitness community. They'll be answering your questions, plus you'll get tips from our celeb trainers. **BONUS:** Team Seventeen members will also receive a code for a chance to win exclusive freebies! (Go to seventeen.com/team17 to join now and get all the details.) Here are a few of the cool things we're giving away:



50 Nike sports bras and 50 pairs of Nike Trainer 1 sneakers!



100 Bobble water bottles with built-in filters!



5 pairs of Reebok's new ZigTech running shoes!



50 gift cards for Jamba Juice All Fruit smoothies!



5 Manduka yoga mats

Feeling inspired? Turn the page to start *your* fast, fun 6-week plan!

The calendar on the back page will tell you exactly what to do each day.

GET FIRM & FLEXIBLE!

Ease into exercise with 20 minutes of walking or jogging, then do these yoga poses three times this week. You'll tone your muscles from head to toe!

1 TREE POSE



ABBEY, 17, is an All-Star cheerleader and national champion tumbler, so she needs flexibility!

Stand up straight. Place left foot on inside of right leg. Bring arms above head. Hold for 30 seconds, then relax. Repeat on other side.

2 DOWN DOG



Get on hands and knees. Lift knees and push butt up and back until you're in an upside-down V. Hold for 1 minute.

3 BOW POSE



Lie on stomach. Bend knees, then reach back to grab ankles. Kick into your hands to lift head, chest, and thighs. Hold for 30 seconds.

4 BOAT POSE



Sit with knees bent, then lengthen legs and lift them up to a 45° angle, so you're in a V. Hold for 30 seconds, keeping abs tight.

5 WARRIOR II POSE



Stand with legs 4 feet apart and arms out at shoulder level. Lunge right until left leg is straight. Hold for 30 seconds, then repeat to the left.

6 DANCER POSE



Stand. Reach back to grab inside of left foot with left hand. Kick (don't pull) left leg up to lift thigh. Hold for 30 seconds, then repeat on other side.

"I do 'hot yoga' three times a week. It's a great physical workout, plus it gives me a mental break and calms me down from the craziness in my life."

-NINA DOBREV



YOUR TRAINER



Jason Anderson

is a yoga instructor who trains Nina Dobrev in Atlanta, where she films *The Vampire Diaries*! Check him out at mrkeepitsimple.com.

she films *The Vampire Diaries*! Check him out at mrkeepitsimple.com.

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LEADING BRAND



BURN FAT, HAVE FUN!

This workout is such a blast, you'll forget you're doing cardio. Just cue six upbeat songs, and do each move for the length of a song. When the music changes, switch moves!

1 JUMP JUMP SQUAT



JAQUEN, 18 plays club soccer at her college. Dancing helps her build stamina and improve her footwork!



A Start with feet hip-width apart. Jump up on left foot, hugging right knee to chest. Land back in starting position.

B Now repeat on the other side, jumping on your right foot to hug your left knee in to your chest. Land back at start.

C After landing, jump out to a squat with both hands on your knees, then jump feet back to the starting position.

2 LUNGE DOUBLE KNEE



A Start with feet wide. Pivot left at your waist and lunge to touch right hand to left foot.

B Now switch directions and pivot right, lunging to touch left hand to right foot.

C Stand up, and use the momentum to do a 360° spin on your left toe.

D End the spin by jumping your feet out with arms in front of you.

3 TOE ARCH



A Stand with feet wider than shoulder-width apart. Rise up on your toes and arch your back with arms behind you.

B Now swing your arms forward in a circular motion to bend over at your waist and touch the floor with legs straight.

C Throw your arms up and jump, rotating 90° to the right. Land with feet apart and hands behind head.

"After a while, your body gets used to a workout. So if I feel like I'm not getting that much out of mine, that's when I add more reps."

—KEKE PALMER



YOUR TRAINER



Asha Kamali is Keke's trainer and choreographer. (She's helping her get dance moves ready for the songs on her new album!) Check her out at ashakamali.com.

WEEK 3: CARRIE'S STRENGTH WORKOUT

TIGHTEN UP ALL OVER!

The secret to getting hot in a hurry is doing three sets of these multitasking moves three times this week. (Seriously, they target and tone *everything!*)

"I think clearer throughout my day if I get a good workout, and I sleep better at night!"

—CARRIE UNDERWOOD

1 LEG LOOPS

KAYLA, 16, plays basketball year-round. These moves help her jump higher and grab more rebounds!



A Stand with feet shoulder-width apart, holding a small ball in one hand. Raise your right knee to a 90° angle and balance on your left foot.



B With abs tight, pass the ball under and around your right thigh. Keep passing for 30 seconds; switch legs and repeat.

2 SUPERMAN PUSH-UPS



A Start in an incline push-up position, with arms straight out and hands on a wall or tree. Bend elbows to lower into a push-up.

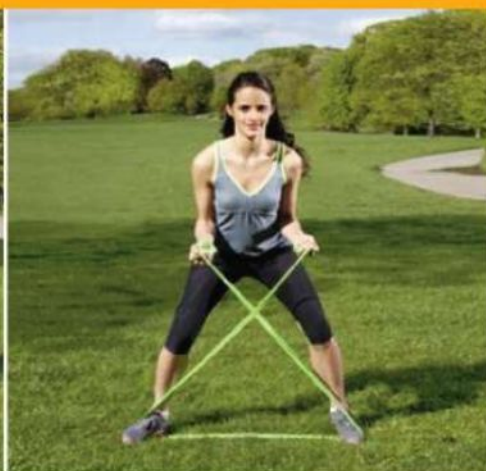


B Push up, then raise your left arm and right leg. Hold for 1 second, then return to start. Repeat the push-up, raising the other arm and leg. That's one rep. Do 10.

3 WALKING SQUATS



A Lay a resistance band in front of you. Step feet onto the elastic so your feet are shoulder-width apart. Cross the band to create an X.



B Step left into a squat (pretend you're ducking under a rope), then step left with trailing leg. Do 10 times, then rest and repeat to the right.



YOUR TRAINER



Tony Greco trains Carrie Underwood and tons of NHL stars in Ottawa, ON, Canada. Check him out at grecoleanandfit.com!

Follow @seventeenmag on Twitter for exclusive tips from Tony, and Tweet your progress! Tag it #17BestBody.

FLATTEN YOUR ABS!

Forget those boring old sit-ups and crunches. Speed through this 5-minute toning workout (it combines boxing and Pilates) to bring your sexy stomach out of hiding!

1 TWIST JAB



DEBBIE, 21, is a swimmer whose strong abs helped her become a captain of her college's Division I team!



A Stand, heels a little wider than shoulder-width apart and toes out. Twist left, bend knees, and punch at the floor with right arm in front.

B Then twist right and punch down again. Keep back straight and chest up. Do this for 15 seconds, then rest and repeat 2 more times.

2 OBLIQUE BOX



A Sit with knees bent and heels on the ground. Hold fists up in front of your chest, then lean back, keeping your stomach super-tight.

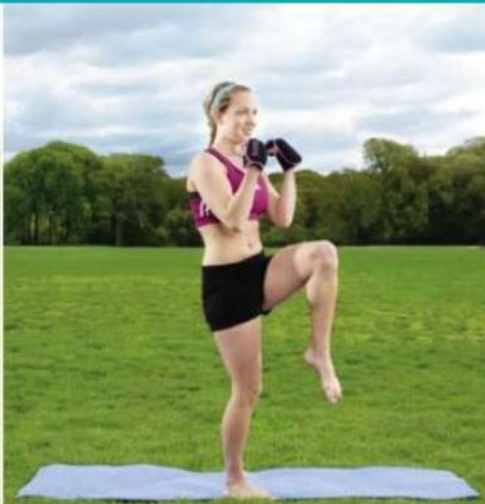


B Twist right while punching left arm across your body, then repeat to other side. Do for 15 seconds, then rest and repeat 2 times.

3 STANDING CRUNCH



A Stand with abs tight and back straight. Reach your arms straight up over your head with your right leg stretched out in front of you.



B Pull arms down as you shift weight to right leg and crunch left knee in to elbows. Return to start. Do 3 sets of 16 on each side.

"I hated going to the gym. Now before I work out, I think, I love exercise—and it works!"

—ASHLEY TISDALE



YOUR TRAINER



Viveca Jensen

teaches Piloxing to stars like Ashley Tisdale, Hilary Duff, and Vanessa

Hudgens. Check her out at piloxing.com!



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Outsmart Mother Nature
TAMPAX



*Compak Pearl regular has a 40% smaller applicator and stops more leaks vs. Playtex Sport regular
Claim based on a 2009 test conducted by P&G Research & Development

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GET STRONG, SEXY LEGS!

These cardio drills will do double duty—burn fat and tone your lower body! Repeat the whole circuit (1-2-3-4!) as many times as you can in 30 minutes.

1 BUTT KICKERS



BREANNA, 16, is league champ in the 1,500-meter run. These leg drills help her increase her speed and endurance!

Run hard for 30 seconds, kicking your feet up to your butt with every step. Rest for 10 seconds, then run back. Do 3 times in a row.

2 HIGH KNEES



Run hard for 30 seconds, this time driving your knees up as high as you can with every step. Rest for 10 seconds, then run back. Do 3 times.

3 SKYSCRAPING SKIPS



Start with your right leg out in front of your left leg and right arm up in the air. Push off right leg, driving left arm and knee up to the sky. Continue, alternating legs, for 30 seconds. Rest, then skip back to start.

4 FANCY FEET



A Stand behind a line or rope on the ground. Start by stepping your left foot a little over the line.



B Bring right foot to meet the left. (Make quick, tiny steps, as if the ground were hot to the touch!)



C Step left foot back, then right foot. Repeat for 1 minute, then rest for 10 seconds and do it again, starting with right foot.

"To get in shape, I swear by a week of really great cardio."
—LEIGHTON MEESTER



YOUR TRAINER



Justin Falahi trains Leighton Meester—they love to exercise outside in the park! Check him out at falahifitness.com.

GIVE YOUR BUTT A BOOST!

Whether you want to tighten, tone, or give it a lift, your booty will definitely benefit from these amazing moves. Do three sets and you'll see results—promise!

"I go to the gym to do squats, lunges, and circuit training. I get my cardio in by walking there and back!"
-WHITNEY PORT

1 SIDE HEEL TAP

TRACY, 17, scored a school record 100th goal in lacrosse this year! A strong lower body helps her sprint away from defenders.



A Stand up tall on a bench, step, or stool that is about 12 inches off the ground. Stretch your arms straight out in front of you.



B Lean forward at waist and bend right leg (it does *all* the work) to touch left heel to ground. Return to A; squeeze butt. Do 12 on each side.

2 SINGLE-LEG BUTT LIFT



A Lie flat on your back with your left leg bent and your right leg straight in the air. Your thighs should be even with each other.



B Push off left leg to lift hips as high as possible. Squeeze your butt at the top, then slowly lower butt to ground. Do 12 on each side.

3 SUPERMAN



A Lie on your stomach with legs out straight and feet about 1 foot apart. Stretch arms straight out in front of you.



B Use your butt to lift your feet off the ground about 4 to 6 inches. At the top, squeeze your butt and hold for a count of 5. Return to start. Do 12 reps.



YOUR TRAINER



Danny Connolly trains Whitney Port in Los Angeles and just opened his own gym in Dallas, TX. Check out dconnfitness.com!

Follow @seventeenmag on Twitter for exclusive tips from Danny, and Tweet your progress! Tag it #17BestBody.

EAT BETTER *(without even noticing!)*

You want a hot body and mega-energy, and these tiny tweaks to your daily diet will help you feel healthier immediately!

TWEAK 1: DRINK MORE WATER!

Replacing soda with water will cut out tons of sugar and artificial ingredients. Plus, exercise actually feels *easier* when you're hydrated!



GOOD: A LOW OR NO-CAL DRINK

TRY: vitaminwater zero

The artificial additives in some diet drinks may bloat your tummy or even make you feel hungrier! So if you don't like plain water, look for a low-cal flavored water without tons of ingredients listed.



BETTER: FRUIT JUICE "SODA"

TRY: seltzer with a splash of fruit juice

Mix just a little bit of juice (make sure you pick one that's 100 percent fruit juice) with seltzer or club soda. It's fizzy and sweet, but not too sugary.



BEST: WATER, NATURALLY FLAVORED WITH FRUIT!

TRY: water with lemon and lime slices

Because it doesn't have bubbles that bloat you or sugars and additives that make you hungrier, water wins!

TWEAK 2: EAT MORE SATISFYING MEALS!

Getting that empty-stomach feeling when you *just* ate is the worst. But by eating some lean protein at every meal, you'll feel full and happy for hours!



AT BREAKFAST:

Make sure you're getting low-fat dairy, like yogurt or skim milk, every morning.

TRY: apple wrap & yogurt dip

Use yogurt as a dip for a yummy wrap: Chop up an apple and roll it inside a 6-inch whole wheat tortilla spread with a thin layer of peanut butter. Then microwave it for 45 seconds. So good!

AT DINNER:

You can buy turkey meatballs frozen, then just heat them and toss them in with pasta to add protein!

TRY: spaghetti with turkey meatballs



AT LUNCH:

Pick lean deli meats or grilled chix (not fried!). Cheese is good protein too, if you have just one or two slices.

TRY: grilled chicken parm sandwich



TWEAK 3: SNACK BETTER!

Three snacks a day is the key to feeling energized. If you don't let your body go into "starvation mode" between meals, it won't crave sugary, carby, high-calorie junk!

MIDMORNING

TRY: popcorn fun mix

Toss together 1 cup light popcorn, 2 tbsp. dried fruit (like cranberries or raisins), 2 tbsp. almonds, and 2 tbsp. M&M's. It's sweet, crunchy, and easy to pack if you're headed to the pool or the beach for the day!



AFTERNOON

TRY: cracker sliders

By 3 P.M., you need a mini-meal to hold you over. Top four or five Triscuits with a cucumber slice, low-fat cheddar, and a dab of mustard or light ranch dressing.



AFTER DINNER

TRY: twisted s'more

Want dessert? You can have it! Put 2 tbsp. of vanilla frozen yogurt and a few thin banana slices on a graham cracker, drizzle with chocolate syrup, then top with another cracker. Yum!

TWEAK 4: FEEL FULLER ON LESS FOOD!

Foods with fiber take up space in your tummy and slow down digestion. So if you eat slowly, you'll stop when you've had enough food to fuel you.

BREAKFAST

TRY: berries in your cereal

Add ½ cup to fill you up, and to make a healthy cereal taste sweeter.



LUNCH

TRY: fruit & whole-grain bread

For energy that lasts all afternoon, eat a piece of fruit and try whole wheat bread instead of white bread for your sammy.



DINNER

TRY: a small salad before your meal

Start with a yummy mix of veggies, and you're less likely to overdo it on your entrée. It's research-proven!



YOUR 6-WEEK COUNTDOWN

This plan switches up your routine (and gives you important days off!) to keep your brain *and* body from getting bored. Track your progress here!

	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 1	17 TIP: Always do cardio before strength moves to warm up your muscles and help avoid injury! DID IT!	DID IT! walk or jog for 15 mins DID IT! firm & flex	17 TIP: When tempted to quit a workout, take a <i>two-minute break</i> instead. Use it to remind yourself of your goals! DID IT!	DID IT! walk or jog for 20 mins DID IT! firm & flex	17 TIP: If you're hungry when you're exercising, you can't push hard. Snack on a <i>preworkout banana</i> ! DID IT!	DID IT! walk or jog for 25 mins DID IT! firm & flex	17 TIP: Blab about your goals! Telling friends about your workouts motivates you to stick it out. DID IT!
WEEK 2	DID IT! burn fat DID IT! firm & flex	17 TIP: All members of <i>seventeen.com/team17</i> get a code for 20% off at <i>fila.com</i> this week! DID IT!	DID IT! burn fat DID IT! firm & flex	17 TIP: Take healthy snacks with you for the day! Get yummy ideas at <i>seventeen.com/snacks</i> . DID IT!	DID IT! burn fat DID IT! firm & flex	17 TIP: If you miss a workout, <i>don't beat yourself up</i> . Focus on what you did do to be healthy that day! DID IT!	DID IT! burn fat DID IT! firm & flex
WEEK 3	17 TIP: This week's mini-goal: <i>Pick fresh foods</i> . Skip ones that come in bags or boxes! DID IT!	DID IT! jog for 30 mins DID IT! tighten all over	17 TIP: Find a buddy on Team Seventeen (<i>seventeen.com/Team17</i>) and message each other motivation every day! DID IT!	DID IT! burn fat DID IT! tighten all over	17 TIP: If you're getting bored, <i>take your workout to the park</i> this week. You'll instantly feel energized! DID IT!	DID IT! jog for 30 mins DID IT! tighten all over	17 TIP: Yay, you're halfway to your goal! Get your reward (a new workout playlist!) at <i>seventeen.com/reward</i> . DID IT!
WEEK 4	DID IT! swim or jog for 30 mins DID IT! flat abs	17 TIP: The secret to flat abs? <i>Keeping them tight and strong</i> . Focus on it with every rep this week! DID IT!	DID IT! burn fat DID IT! flat abs	17 TIP: For tomorrow's cardio, <i>do a mini-triathlon</i> : 10 minutes each of swimming, biking, and jogging. Fun! DID IT!	DID IT! mini-triathlon for 30 mins DID IT! flat abs	17 TIP: We're giving away two pairs of Piloxing gloves! Go to <i>seventeen.com/Team17</i> to enter. DID IT!	DID IT! burn fat DID IT! flat abs
WEEK 5	17 TIP: Try adding your abs or tightening moves into the legs workout between circuits! The workout will fly by. DID IT!	DID IT! legs DID IT! flat abs	17 TIP: Sore today? Use the <i>down dog and bow</i> poses from the yoga workout to stretch your legs and abs! DID IT!	DID IT! legs DID IT! tighten all over	17 TIP: Make the <i>Chicken Wraps</i> recipe at <i>seventeen.com/wraps</i> . So healthy, yummy, and perfect for lunch! DID IT!	DID IT! legs DID IT! flat abs	17 TIP: Sneak in some easy exercise! Always <i>walk like you're running late</i> —it counts as extra cardio. DID IT!
WEEK 6	DID IT! legs DID IT! butt	17 TIP: We're giving away 10 pairs of New Balance shorts! Go to <i>seventeen.com/Team17</i> to enter. DID IT!	DID IT! legs DID IT! butt	17 TIP: Think about something you can do now that you couldn't do three weeks ago. (<i>Inspiring, right??</i>) DID IT!	DID IT! legs DID IT! butt	17 TIP: Once school starts, stay fit with the fast, fun workout videos at <i>seventeen.com/17trainer</i> . DID IT!	DID IT! legs DID IT! butt



Kick a** at your sport

You can use this plan to get ready before preseason practice starts! Here's how to:

- ☒ **Build stamina.** Up the cardio to 5 days a week, even if it's just 10 minutes of giving it all you've got!
- ☒ **Get quicker.** The drills in the legs workout actually teach your muscles to fire faster, so work them into your cardio from week 1.
- ☒ **Avoid soreness and injuries.** The firm and flexible moves stretch and lengthen your muscles, which helps them recover faster from hard-core workouts.



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THIS HOUSE.

 I WILL

“MY HOUSE
IS MY TEAM.”

WE'RE IN THIS TOGETHER. IT'S A BOND SEALED WITH SACRIFICE, SWEAT,
AND BROKEN BONES...AND THE MOMENTS WHEN IT ALL PAYS OFF.

 I WILL

SEE THE SPOT UNDERARMOUR.COM/PTHIWILL

LAUREN CHENEY, F #8

love life

dude drama

(you'll be glad didn't happen to you!)

Don't make the same guy mistakes this year!
Let these readers' regrets be your best love lessons.
BY elisa benson

DRAMA #1

“he hid his dark side”



“When I was 15, I fell in love with a guy I met online. We talked for hours every day, and I told him things I couldn’t tell anyone else—I was convinced we were soul mates. **For two years, I turned down other guys because he told me he wanted to be with me someday—I even skipped prom so he wouldn’t get jealous.** I was elated when we finally met—until I realized he had a terrible temper: One day in the car, he got so mad that he punched my dashboard and his fist left a dent. It was heartbreaking to learn that the connection we had on the phone was only part of who he really was. I had let myself fall in love with a fantasy.”

—NADIA, 20

DRAMA #2

“he dumped me after sex”

“After two months of dating, my BF persuaded me to have sex, even though I wasn’t sure I loved him. After we did it, **he ignored me for days—then dumped me on MySpace!** I wish I’d listened to the doubts I was feeling—they meant I wasn’t ready.”

—JESSIE, 16

3:05 P.M.

alotta people are telling me youre using me for sex.

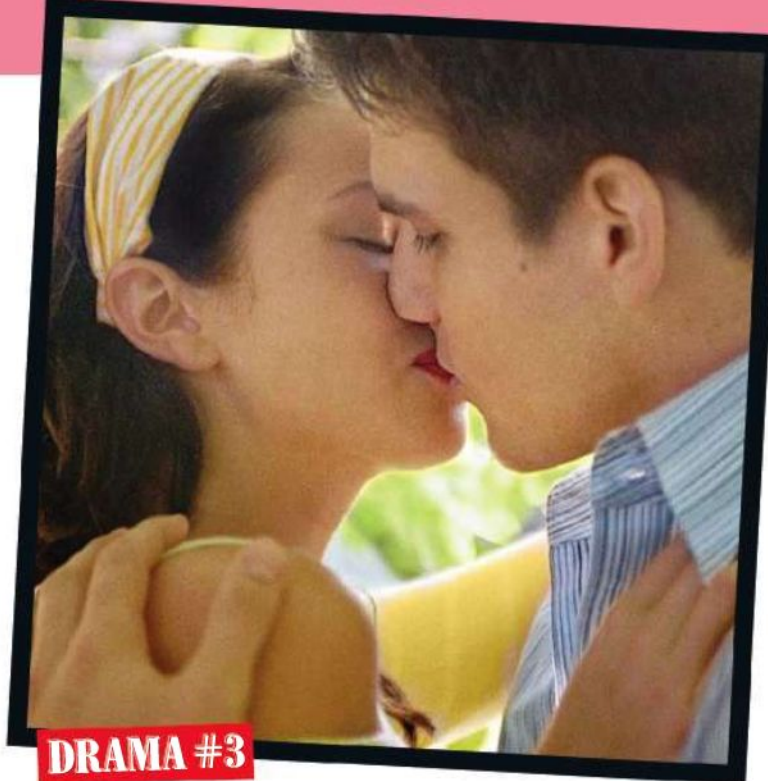


6:18 P.M.

i was never using you and i kno im an ass for doing this but i want to jus be friends...i jus dont really like you as much as i used to.



↑
Their real MySpace breakup convo!



DRAMA #3

“he used me as a rebound”

“I knew the guy I was crushing on had a girlfriend—but he would always flirt with me. So I waited for them to break up, dreaming about him the whole time. When they finally split, I was sure it was *our* time. We started hooking up, and for months I kept thinking he would ask me out—but he never did, so I kept making out with him, thinking he would come around. **Then one day he told me he was seeing another girl.** I thought, What did I do wrong? That’s when it hit me: The whole time he’d seen me as just a fling to hold him over while he looked for other girls. The worst part was, I’d *let* him treat me that way—I never made it clear that I’d wanted something more.”

—BRIDGET, 17

IS HE GOING TO BE DRAMA?

Ask yourself these three questions now so you don’t get burned later.

WHAT DOES HE FEEL?

You shouldn’t have to *guess* how your guy feels about you. If he’s flirty one day but distant the next, or if he never makes it crystal clear that he likes you, he’s playing games.

WHAT’S HIS CREW LIKE?

Guys like to hang out with guys who share their values—so if his friends seem rude or give you a sketchy vibe, chances are *your* guy probably isn’t so great either.

WHAT’S HIS HISTORY?

If he has a *million* ex-girlfriends or relationships that ended badly, it says he’s the type who loves the chase but gets bored quickly. It’s possible you’ll end up as just another name on his list. Avoid!

love story
Joe Jonas’s pattern of fast romances (Demi, Camilla, Taylor) is the sign of a serial heartbreaker!



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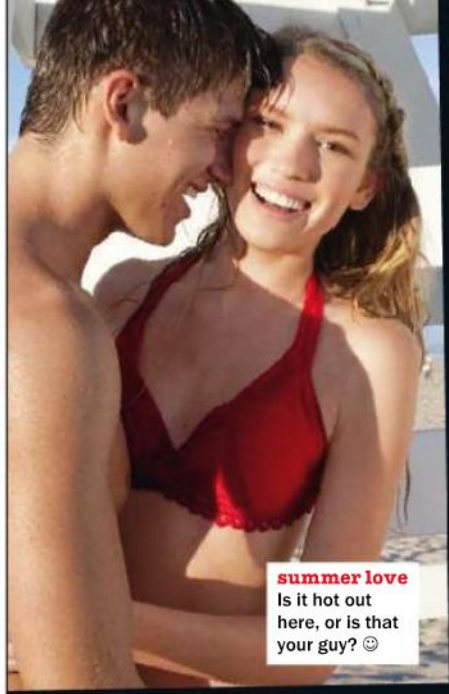
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summer love
Is it hot out
here, or is that
your guy? ☺

SNEAKY WAYS TO

make a summer fling last

He became so much more than a hookup—now make your connection even stronger.

♥ **Play it cool.** When you can't stop thinking about where things are going, you can't enjoy the fun you're having right now. **Make it your goal to live in the moment:** Play hide-and-seek at Walmart, take a mini road trip to a nearby town, whatever. Without the pressure of an end-of-summer deadline, your relationship will deepen naturally.

♥ **Keep the plans light.** When you go back to the structure of school, you can feel weird pressure to "schedule" your love life too. **Keep up your breezy summer routine by finding small chances to hang out**—like offering to pick him up from school or run errands together.

♥ **Win over his friends.** When his buddies love you, he'll love that he doesn't have to choose between you and them. So **get a group together for pizza** or tailgate at a preseason football game. It will help you become part of his *real* life (not just his vacation one).

♥ **Get psyched.** Instead of mourning the end of summer ("I'm so not ready for school"), **talk up the fun stuff:** Friday night football, new episodes of *House*. When you're excited for the future, the idea of spending it with you will get *him* excited too.

♥ **Remind him of you.** When summer ends, **post a cute pic** on Facebook and comment that it makes you smile. (Leave it private—it's just for him!) Or send him a "remember that funny time we . . . ?" text. That summer magic—and his feelings for you—will come rushing back.

how my fling became my girlfriend

“At first, things with this girl I met last summer were casual, just a lot of texts. **But then she started calling me, and soon we were talking for hours.** I got to know her for real—it made me fall for her.”

—ARVIN, 19, BRONX, NY



SEVENTEEN.COM Is your summer love just a fling?
Find out at seventeen.com/quizzes

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NEW

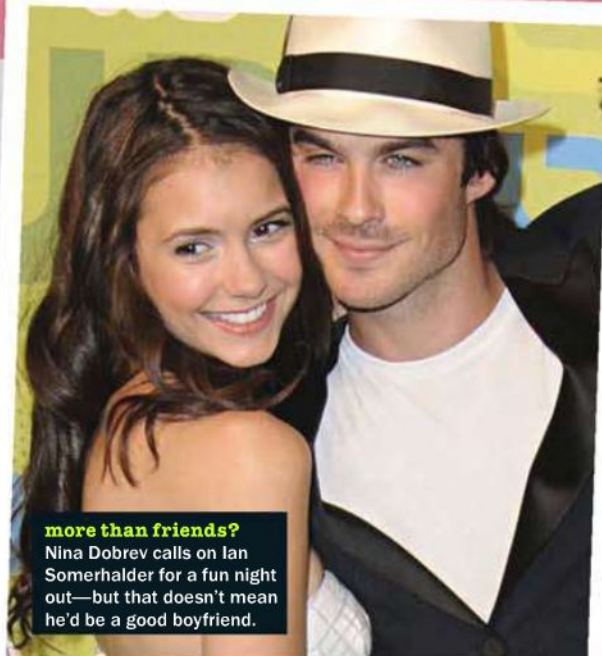
Exclusively in the stationery aisle at Target.



LIVCRAYOLA.COM

would your guy friend make a good boyfriend?

Admit it, the idea has crossed your mind. But is he really BF material? Check the signs that sound like him to find out. BY elisa benson



☐ He's tight with your friends.

It might seem great to share the same crew—no awkward introduction or choosing who to hang out with. But in a relationship, **you'd have zero privacy**, and it might be impossible to make love decisions without *everyone's* input. Plus, a breakup could break up your whole group.

☐ He flakes.

Friendship doesn't have a lot of rules, so it's no big deal if **he forgets to text** when he said he would, or if he peaces out at a party without saying goodbye. But if he's truly unreliable, he won't magically become Mr. Dependable just because you're dating.

☐ He's your "fun" friend.

He cracks you up and makes every night out more fun. But if you've tried to talk to him when you're freaking out about college apps or fighting with your parents and he doesn't want to engage in **those personal convos**, he might be better off as a surface-level friend.

MOSTLY THIS COLUMN:

NO! You guys know each other pretty well and have fun together, but there's not much chance things will go deeper. (One clue: It hasn't already, so you guys didn't have that initial spark.) It's not like you could *never* date, but it would require **starting from scratch**—you'd have to get to know each other in a new light.



☐ He's not *too* touchy-feely.

Your buddy hugs you hello, drapes his arm around you, or sometimes tries to tickle you until you scream. When the touchiness stops there—like **he doesn't try to get you alone at parties** or push you to make out—it says that he cares about you as a person, not as a hookup.

☐ You share a language.

When you read his texts, can you practically hear his voice in your head? And when you're talking, does he usually get what you're trying to say before you even finish your sentence? When you **just get each other like that**, it means you could connect on a deeper level.

☐ He's honest with you.

You know when you ask his opinion, he'll *tell* you your new sunglasses are "kinda weird," or that your latest crush isn't interested. **A guy who's not afraid to tell you the truth** won't be fake to try to get you to like him—his straight talk is a sign he respects you.

MOSTLY THIS COLUMN:

YES! Your friendship already has **the traits that make a relationship great**—so taking it to the next level could bring you *amazing* love. If you want to take that step, ask him if he wants to have a night out, just the two of you. It will give you a chance to feel out your chemistry—and if it's not there, just call your other friends to join you.

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the wild stuff he says **behind your back**

You tell your girls everything about your guy. But you won't believe what *he* dishes about *you*!

HE WANTS TO RANK YOU!



"After one of my friends introduces us to his girl, he'll ask, 'Do you think she's hot?' **Then we rate her on a scale from 1 to 10**, but it really is about how she comes across personality-wise, not just looks. Guys ask because they're competitive—it's an ego boost to think, I'm dating this girl and everyone thinks she's a 10, and *his* girl is only a 7½."

—colin, 20, ridgewood, nj

HE'S CLUELESS ABOUT KISSING!

"My friend asked me **how he can make out with his girl at a party** to seem smooth. I told him to try the 'over the shoulder' makeout when he's dancing. Then you can always turn her around and kiss face-to-face. I'm worried he might screw it up since he's only a freshman, but I had to try."

—matthew, 20, erie, pa



HE MAKES UP STORIES!



"When it comes to girls, **there's a lot of exaggerating**. Like my friend will say he had sex with a girl for three hours, but that could mean they had a random kiss at a party. It's the 'man complex'—you always want to impress your friends. If it gets around to everyone else, that's even better."

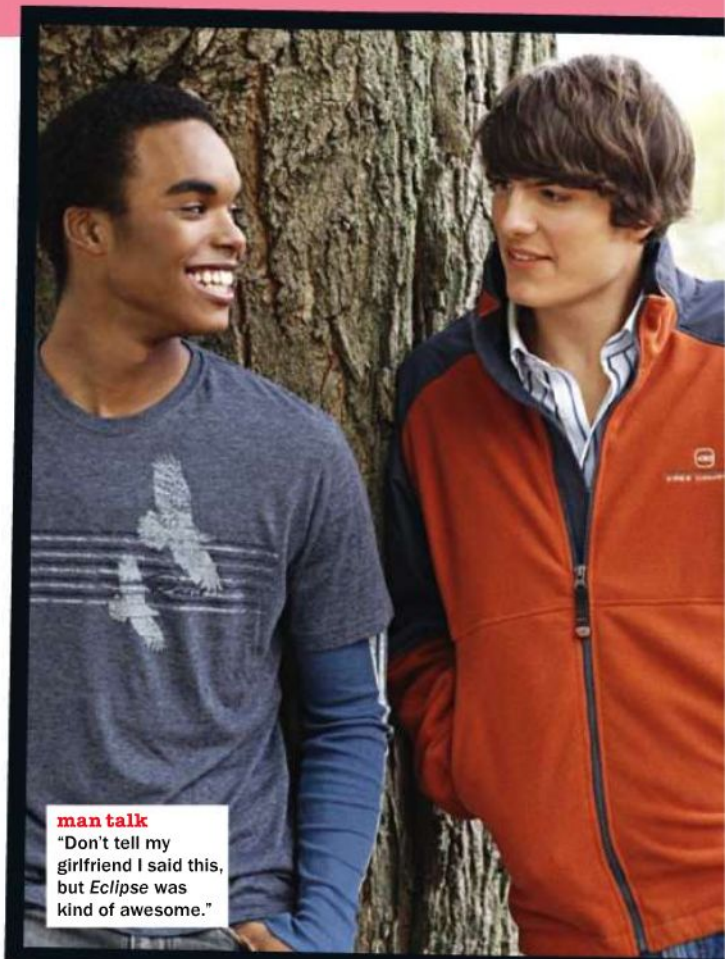
—carson, 21, knoxville, tn



HE THINKS HE'S IN LOVE!

"My buddy has crushed on this girl for years, and she recently decided she has feelings for him too. Now he can't stop talking about it! **He brings her up for no reason, tells me every conversation they have, and wants my opinion on everything she says.** I'm like, 'Dude, relax—you're going to seem desperate!'"

—james, 20, shenandoah valley, va



man talk

"Don't tell my girlfriend I said this, but *Eclipse* was kind of awesome."

OMG!

HE SHOWS YOUR SEXY PICS!

“When my friend was on a break with his girlfriend, **he showed all of us racy pics she'd sent him that he'd saved on his phone.** They got back together a few weeks later, but we all still joke about the pictures (behind her back, of course!).”

—jordan, 20, long island, ny



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Enter for your chance to win the picture perfect outfit for back-to-school from JCPenney! Just text JCP to 467467 for your chance to win one of three \$500 JCPenney shopping sprees and makeovers at a JCPenney salon. 17 lucky runners up will each score a \$100 JCPenney gift card! Plus, you'll receive picture perfect "style and smile" tips via text message from Seventeen's Style Pro, Angie—once a week for four weeks.

seventeen style pro



XOXO,
Angie

NO PURCHASE NECESSARY TO ENTER OR WIN. The JCPenney "Picture Perfect" Sweepstakes. Sponsored by Hearst Communications, Inc. Sweepstakes starts June 28, 2010 at 12:01 AM (ET) and ends August 10, 2010 at 11:59 PM (ET). Two ways to enter: (i) text JCP to 467467 or (ii) go to seventeen.com/pictureperfect and complete and submit the entry form. Standard text messaging and data rates may apply for mobile phone entrants. You will receive one text message confirming your entry. Contact your carrier for pricing plans and details. Text entry not available with Cincinnati Bell. Odds of winning will depend upon the total number of eligible entries received. Must be female, ages 13 to 24 and a resident of the 50 United States and District of Columbia. Void in Puerto Rico, Quebec, Providence and where prohibited by law. For complete rules, go to seventeen.com/pictureperfect.

Coming Soon: Back-To-School at Rite Aid

Receive a **FREE Glam Camp beauty sample bag** by mail when you purchase \$10 worth of the following brands: Clearasil, CoverGirl, Dickinson's Witch Hazel, got2b Haircare, pHisoderm, Maybelline, Sally Hansen or Veet.

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Your carrier's MMS/picture messaging and standard carrier rates may apply. You must have a camera-enabled phone capable of sending pictures. Program available on most carrier networks and in the U.S. only. For complete mobile terms and conditions, please log onto Microsoft.com/tag.



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your life

true BFFs!
Irene, Abby, and
Lily stood up for
what's right.

**“my friends helped
me fight racism”**

Even though Abby, 18, was the only black girl in her circle of friends,
she never felt like her skin color set her apart—until
she came face-to-face with an ugly attitude. AS TOLD TO KIERNA MAYO

MAIN PHOTO: CARRIE LE REVERE; FASHION STYLIST: KATIE PAINE; HAIR: JOHNNY LAVOY AT FORD ARTISTS INC FOR KÉRASTASE; MAKEUP: DEBORAH LITZIG AT ARTIST BEAUTY FOR SEPORA; ON IRENE: TOP, JONEST; ON ABBY: DRESS, OLD NAVY; HEADBAND, JENNIER QUELLETTE; ON LILY: TOP, GYPSYBOS; JEANS, GUESS; BRACELET, OLD NAVY; PROTEST PHOTO: ANDREW WONG.

I'd been looking for an after-school job for *months* to help save up for college, so I was super-excited to start my first day as a hostess at a trendy restaurant. I felt really lucky because my friend Becca offered to train me as her replacement after she quit to focus on school. When we got to the restaurant, I stood at the hostess stand and memorized the menu. It wasn't required, but I wanted to make a good impression when the manager arrived. I'd never met him and *really* wanted him to like me.

Fifteen minutes later, the manager walked in and things got weird. "Hi, I'm Abby," I said, reaching out to shake his hand. He paused, barely touching me. *Awkward.* I wondered what could be wrong. I thought maybe he was just upset about Becca leaving. Then he asked to speak to her privately. Something just didn't *feel* right, but I told myself it would all be fine.

I was so wrong. Becca came back gasping and crying hysterically. "He said he won't hire you because you're black!" she blurted out.

Suddenly, I felt like there was a whirlwind around me. I just stood there, stunned, unable to grasp what she was saying. "He's afraid he'll lose business when customers see you at the counter," she continued. I didn't feel anything—not anger, sadness, or fear. All I could think was, *Is this really happening?*

FINDING THE COURAGE

Race has never been an issue for me, even though there aren't many black people in my hometown. Everyone is totally open-minded; that's why I couldn't believe I had actually been so blatantly *discriminated* against. I'm the only black girl in my circle of friends, but no one treats me differently. I've known my best friends, Lily, Irene, Becca, and Alice, for years—they're like my sisters.

It was all so confusing to me that I didn't know what to do. I'm a pretty quiet person and I don't like to draw attention

to myself. On our way home, Becca went from crying to being pissed. "You have to fight this," she said. When I told Lily, Irene, and Alice, they told me to fight too. Part of me wanted to forget the whole thing, but my friends' anger made me realize I had to stand up for myself and for anyone else who *could* be in a similar situation. Alice's dad is a lawyer, and he took my case for free! We filed a lawsuit for discrimination and a violation of my civil rights.

BANDING TOGETHER

“Having friends behind you makes you so much stronger.”

As word spread around school, everyone asked how to help. It was crazy to see how many people cared. All of a sudden, girls who had never spoken to me asked me if things were okay. I wasn't used to being the topic of so much conversation. It was like *everyone* was rooting for me. A few weeks later, Lily mentioned staging a protest to make more people aware. "Let's not make it a big thing," I said, resisting. I didn't want anyone to think that I was upsetting our peaceful town. But once again, my friends had my back, and I felt braver with their support.

To let people know the plan, we sent out text messages and created a Facebook Event group. On the day of the protest, about 20 people met up at my house, made posters, then walked over to the restaurant where even *more* kids met us. Up until the last minute I felt like a wimp, but I was relieved and exhilarated that we were actually taking a stand. People were honking in support as they drove by; it was so powerful to see! The restaurant manager even came outside and talked to my lawyer and to the police who were there. But we had done our research and knew that as long as we didn't block the entryway, we were legal. There was *nothing* he could do to stop us. That day, I *knew* I was making a difference.



FIGHTING FAIR

The restaurant denied discriminating against me, but I know how terrible it felt to be judged by my skin color, and I wanted to do whatever I could to stop this from happening again. After about a year of back-and-forth, my lawyer and I settled the case with the restaurant for \$25,000—more than I would have made by working there. I'm using some for college and saving the rest. My real reward, though, was when the owners were issued a permanent court order saying they could not discriminate.

My friends got me through a situation I never imagined I'd be in and encouraged me to take action. Together we made a difference. When something happens that isn't right, having friends behind you makes you so much stronger. It's when you look over and see people standing with you that you know you'll have the strength to stand up for yourself. **17**

WHAT IF IT HAPPENS TO YOU?

1 Write it out. If you feel that you're being treated differently because you're a girl, or you're gay, or because of your race, jot down the time, day, and everything that happened. Remember any specific quotes? No detail is too small! You'll need that info if you decide to do something about it later.

2 Don't be ashamed. Even if you're not sure whether what happened was discrimination or plain old rudeness, don't keep it to yourself! Tell your friends, a teacher, or another adult to get advice and to help you make sense of the situation.

3 Get answers. If you know you have to take a stand, check out aclu.org for info on how to take action.

more money for the mall

Need extra cash for back-to-school clothes?
These sneaky tricks will help you
save so you can get more when you shop!

DO THE MATH!

Before making a purchase, ask yourself: How many times will I really wear this? Then figure out the real cost to you by dividing the price by the number of times a month that you'll use it. If it's a purse that goes with everything, then it's worth the splurge, but if it's a trendy top that you'll pull out only once, then the cost might be too high!



"I splurged on a Coach bag and a matching wallet. I've been carrying them around every day, and I love them!"
—Jordin Sparks

SAVE HALF!

When you get a paycheck or B-day cash, it can be tempting to run to the mall with it and splurge on a ton of stuff. But start this habit now: As soon as you get any money, put half of it into savings—you won't spend it if it's not in your wallet! And you won't feel deprived because you'll still have some cash that you can play with!

"I don't spend a lot of money. My dad is a stockbroker and he taught me that saving and safe investing are the way to go."
—Taylor Swift

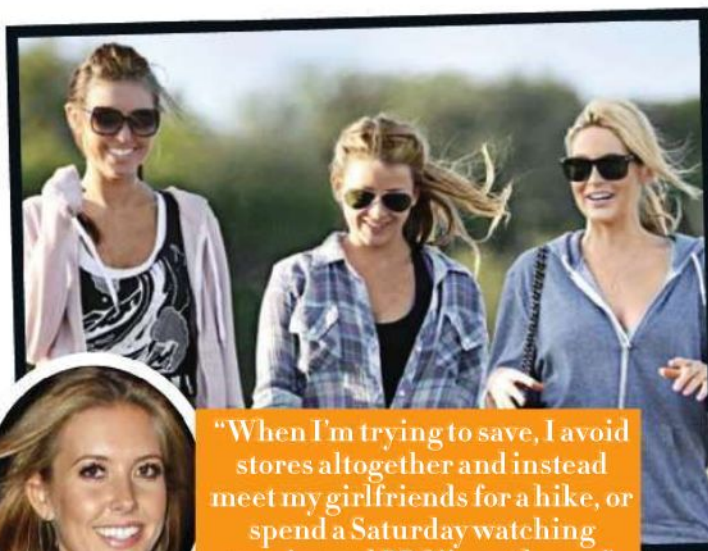


17 EXPERT: Farnoosh Torabi, *Seventeen's* money expert, is the author of *You're So Money: Live Rich Even When You're Not* (Three Rivers Press, 2008).

"Before I leave the house, I research what I want online and where I'm going to get it."
—Vanessa Hudgens

PRESHOP!

If you know what you want to buy and which store has the best price, you'll be more focused at the mall—and you won't get distracted by stuff you don't really need! Comparison shop by checking out shoplocal.com. The site lets you type in items like "hoodies" and lists brand names and prices at your favorite stores.



"When I'm trying to save, I avoid stores altogether and instead meet my girlfriends for a hike, or spend a Saturday watching movies and BBQ'ing at home."
—Audrina Patridge

DISTRACT YOURSELF!

Next time you get the urge to shop—but have no money—fight the temptation by doing something free and fun, like going for a bike ride or having a DIY spa day. If you're not always spending cash, you can save a little for when it really counts—like for a killer dress for the dance!

SEVENTEEN.COM Money expert Farnoosh answers your questions at seventeen.com/getadvice



My Mission Statement:

Create your own mission statement so that you'll feel good about yourself if others ever try to put you down.

Live by this mission statement every day... live for YOURSELF.

Being confident is about _____.

I will always _____ if someone tries to pressure me into doing something that I don't want to do.

I want to have a _____ influence on my friends and peers.

My heroes are _____.

Whenever I'm feeling down, I will _____ because I love it.

_____ is my future and no drink or drug will get in the way.

My goal in the next year is to learn _____.

The three qualities that best describe me are _____,

_____, and _____.

I am most proud of _____.

_____ is beautiful to me.

Being Above The Influence means _____.

more money for the mall

Need extra cash for back-to-school clothes?
These sneaky tricks will help you
save so you can get more when you shop!

DO THE MATH!

Before making a purchase, ask yourself: How many times will I really wear this? Then figure out the real cost to you by dividing the price by the number of times a month that you'll use it. If it's a purse that goes with everything, then it's worth the splurge, but if it's a trendy top that you'll pull out only once, then the cost might be too high!



"I splurged on a Coach bag and a matching wallet. I've been carrying them around every day, and I love them!"
—Jordin Sparks

SAVE HALF!

When you get a paycheck or B-day cash, it can be tempting to run to the mall with it and splurge on a ton of stuff. But start this habit now: As soon as you get any money, put half of it into savings—you won't spend it if it's not in your wallet! And you won't feel deprived because you'll still have some cash that you can play with!

"I don't spend a lot of money. My dad is a stockbroker and he taught me that saving and safe investing are the way to go."
—Taylor Swift

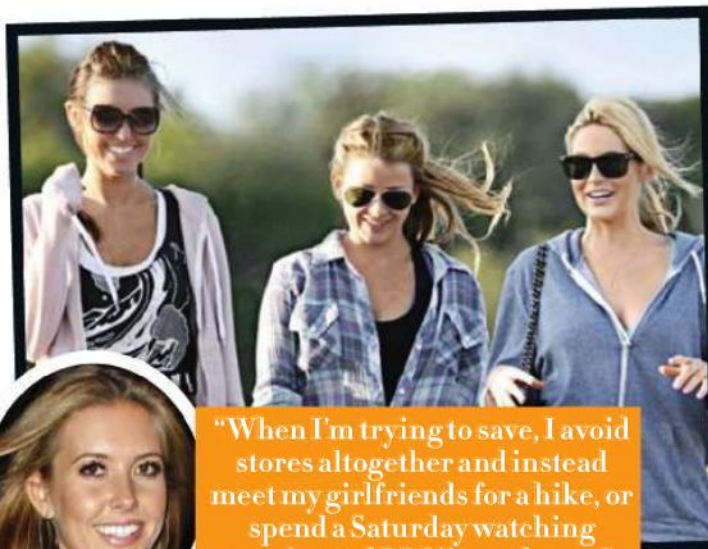


17 EXPERT: Farnoosh Torabi, *Seventeen's* money expert, is the author of *You're So Money: Live Rich Even When You're Not* (Three Rivers Press, 2008).

"Before I leave the house, I research what I want online and where I'm going to get it."
—Vanessa Hudgens

PRESHOP!

If you know what you want to buy and which store has the best price, you'll be more focused at the mall—and you won't get distracted by stuff you don't really need! Comparison shop by checking out shoplocal.com. The site lets you type in items like "hoodies" and lists brand names and prices at your favorite stores.



"When I'm trying to save, I avoid stores altogether and instead meet my girlfriends for a hike, or spend a Saturday watching movies and BBQ'ing at home."
—Audrina Patridge

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_____, and _____.

I am most proud of _____.

_____ is beautiful to me.

Being Above The Influence means _____.



The CONFIDENCE Quiz

This C-scale tells you if you're really living above it.

Ever feel pressured? Starting to lose sight of who you really are? Afraid to rock the boat sometimes?

Living above the influence starts with a C: CONFIDENCE. The key to confidence is knowing where you stand and when it's time for a boost. Take the quiz below to find out exactly where you fall on the C-Scale...

1

When you look in the mirror on a Monday morning, what do you think to yourself?

- A Oh no, is that a zit? There is no way I can go to school like this.
- B I look all right for a Monday morning.
- C Hey good-looking!

2

You have to give a presentation for your History class. How are you feeling?

- A Sooo nervous. Hopefully no one will be paying attention.
- B A bit anxious, but I'll be okay. I have note cards in case I forget some lines.
- C Excited. I feel really well prepared so I know this presentation is going to go great!

3

How happy are you with yourself?

- A I'm not so happy with myself.
- B I'm sometimes happy with myself.
- C I'm very happy with myself.

4

Do you have your own personal interests outside your group of friends?

- A I share the same interests—it's not as much fun doing something my friends don't do.
- B I have one or two interests that my friends don't share.
- C I have a lot in common with my friends (that's why we get along so well!) but I like doing my own thing from time to time. That's what makes me an individual.

5

What would you say your greatest personal characteristic is?

- A I think maybe I'm a good friend?
- B I'm a kind and friendly person—isn't that enough?
- C I'm attractive, athletic, and smart too.

6

The big championship game is around the corner, are you ready?

- A No way. The opposing team won State last year, I just hope they don't crush us.
- B It may not be my A game, but the team and I will try and pull through.
- C Of course! I've been practicing for months so this is a sure win.

7

Auditions just started for your school's annual musical. What part do you try out for?

- A A member of the ensemble. I don't really want to be seen.
- B One of the supporting characters—a good role, but not too much in the spotlight.
- C The female lead, of course! She's smart, beautiful and everyone can see what a great singer I am.

8

Do you consider yourself a trendsetter?

- A No, I usually follow what my friends are into.
- B Sometimes, but it depends on the situation.
- C Absolutely! I'm always ahead of the curve, especially in fashion and music.

9

How often do you agree with your friends?

- A Pretty much always. I don't like to rock the boat, so I go along with my friends.
- B Most of the time. We pretty much have the same views, and we do the same things together.
- C On occasion. I care what they think, but I make my own decisions.

10

You and your friends are at a party when that cute guy from Math class asks if you want a drink/drug. What do you do?

- A Accept the offer even though you really don't want any.
- B Tell him, "No thanks, not tonight."
- C Immediately reject the offer and say you're having a great time without that stuff.

If you answered...

Mostly A's Boost Alert!

It appears that life has got you in a vice grip and you're lacking confidence. Based on your responses, your confidence level is low on the scale. It's time to look in the mirror and assess who you really want to be... not who anyone else wants you to be. Need a good perception pick-me-up? Choose a friend that you trust and ask them to make a list of all the reasons why you're friends. You'll soon learn just how amazing you really are!

Mostly B's You're Almost There!

You have a strong understanding of who you are; you just need to make a few small tweaks to amp up your confidence level. In a journal, make a list of reachable goals for yourself and break down more difficult tasks into smaller steps. Each time you reach one of your goals, reward yourself for the achievement! It's important to recognize your hard work and success to keep up your great momentum!

Mostly C's Super Duper You!

It is clear that you get who you are and who you want to be, and your friends probably see you as a positive role model. Keep up the good work but at the same time proceed with a bit of caution. If confidence is overdone it can be perceived as cockiness—there is a fine line between the two! So keep patting yourself on the back as you take on everyday challenges and accomplish your goals.



abovetheinfluence.com

THE *fashion* MAGS
SAY WHAT'S **HOT** THIS
MONTH, BUT THEY'RE
CHECKING **me** for
what's HOT NEXT
MONTH. **So** WHAT IF
everybody's WEARING
A perm? I'M GOING
natural.

WHEN HIP HOP WENT
FUTURISTIC, I KEPT IT
OLD SCHOOL.
WHEN EVERYONE 
FLIPPED THE **script**
I was ON THE NEXT
PAGE. NOW, DO **I seem**
LIKE **I'M** GONNA
LET ANYTHING
influence me?



Miley Cyrus's MISSION:

I make a difference!

"We shouldn't wait until we're older to change the world. We're the ones with the **ideas, the energy, and the passion** to really make a difference right now."

—MILEY CYRUS

MILEY SAYS:

WHY IT MATTERS

I've been volunteering with my family since I was a little kid, visiting hospitals to play music for the patients and delivering Christmas presents to underprivileged families. Now it's a regular part of my life. It's like learning to play the guitar: If you pick it up when you're young, you'll be amazing when you're older. Volunteering is the same way. If you start when you're young, it will always be something you do.



Miley meets Get Ur Good On members at one of her Wonder World concerts.

WHAT I'M DOING

I'm working with Youth Service America to launch **Get Ur Good On** (geturgoodon.org). It's an online community where teens anywhere can log on and support each other in giving back. You can upload videos, pictures, and blog posts about the issues that are most important to you—anything from going green to raising money for Haiti. You can also find tons of cool resources, like how to get grant money for your cause. It's the perfect way for our generation to show how we're changing the world.

make it YOUR MISSION

FIND INSPIRATION

If you want to give back but don't know where to start, go to geturgoodon.org and click on 100 Ways to Get Ur Good On. The list has tons of cool ideas, from signing up for an e-mail pen pal in another country to collecting blankets and donating them to your local animal shelter.

GET SUPPORT

Start your own profile—post blogs, videos, or photos about the community service project you're doing or want to do, invite your friends to join, and connect with thousands of teens around the world to spread the word about the causes that matter to you the most.



Available at
Belk
wet seal.

“i intern for jersey shore!”

Whitney, 22, went from watching reality stars on MTV to chasing them around at work.

“I’d been a production intern on the set of *Jersey Shore* for just about three weeks when all of a sudden Snooki went missing! It had been up to me to make sure everything from the props to the camera equipment were in the right place, and that included the talent! Some of the craziness that makes the *Jersey Shore* cast so much fun to watch can make it tough when you’re trying to film an episode!

My college media classes definitely didn’t teach me how to hunt down stars that go MIA! But I’ve had to learn to think fast as a production intern. I never really know what to expect because when I show up for work my days change depending on what project I’m assigned to. Often I assist on set, doing stuff like keeping random people from walking into a scene, or quickly rearranging furniture so everything looks good on camera.

Sometimes I have to help the show’s editors find the footage they need. They can shoot 400 hours of film for a one-hour episode! My job is to type out everything that happens and when everything is said, right down to the second. That way, the editors save time by knowing exactly where all the good stuff is. But it takes a long time. A 20-minute tape can take an hour to write out. Sometimes I have to take work home because there just isn’t enough time in the day to get it done.

But even the boring tasks are so worth it. I have been obsessed with MTV ever



since I watched it as a kid after school.

I felt like whoever was making those programs knew what I wanted to see. I dreamed I’d someday go behind the scenes. It felt impossible for me growing up in a small town in Virginia far away from New York or L.A., but by the beginning of my senior year of college, I felt confident enough to apply for the internship through the MTV Networks’ Web site. I didn’t get a call back. I was devastated but determined. I knew there were a ton of girls out there just like me who wanted to break into MTV, but something in me just wouldn’t let me quit. So I applied again for the spring semester after I rewrote my résumé three times and had my college mentor edit it. This time I got the gig!

Being a good intern at MTV seriously increases your chances of getting a real job—most of the staff had been interns themselves! So I was not going to blow my first opportunity working on set by letting Snooki slip away. I had to find her.

I took off in a panic to look in a nearby hair salon. No Snooki. Then I spotted the tanning place next door, and I knew Snooki had to be in there! The receptionist was being difficult, but I said firmly, ‘I’m

reality check
The *Jersey Shore* cast gave Whitney a crash course in filming a show.

with MTV, and we need to finish this shoot!’ That’s when she revealed that Snooki was in a tanning bed. I let the crew know so they could set up the next shot, then waited outside for her. Snooki acted like nothing had even happened, but the production manager thanked me when I brought her back—I kind of saved the day!

GET THE GIG

MTV’s head of interns shares insider tips for breaking in!

★ TIMING MATTERS

Summer internships get the most applicants. So if you’re in college, also think about applying for the fall or the spring semester. You’ll have less competition and more input on which productions you’ll work on!

★ EXPERIENCE IS NOT EVERYTHING

If you haven’t interned before, add volunteering, part-time jobs, campus TV or radio positions, and TV, film, or media classes (along with a one-line course description) to your résumé.



★ DRESS THE PART

Even though production is casual, wear dress pants or dark jeans and heels for the interview. Dressing professionally helps you feel professional!

checkitout!

sweeps • events • promotions

Visit seventeen.com/checkitout for more.

Seventeen Shop-N-Style

We're making Back-To-School shopping easier... and more rewarding. Check back next month to find out more about **special offers** from your favorite stores, the chance to win 1 of 5 **BTS shopping sprees**, our **big event in NYC** and more. It's all part of **Shop-N-Style**, and it's all just for you!



American Rag is Going on the Vans Warped Tour

Get ready for a true mash-up of music and fashion this summer, when **American Rag** goes on the **Vans Warped Tour**. For the inside tip on tour dates, festival-ready style and more, check out the new Warped issue of **Ragged Magazine** at raggedmag.com

AMERICAN RAG CLÉ 1984

only ★ macy's



NEW Seventeen Style Pros Facebook Page!

Find the **Seventeen Style Pros** on **Facebook** from your smartphone! "Like" our page and get notified about exciting contests and sweepstakes, exclusive event pics, and the latest style trends. Find our page NOW!

Step 1: Just download the free app at <http://gettag.mobi>

Step 2: Scan your smartphone over the bar code on this page

Step 3: Depending on your phone, the page should launch immediately!

For help visit seventeen.com/gettag



Your carrier's MMS/picture messaging and standard carrier rates may apply. You must have a camera-enabled phone capable of sending pictures. Program available on most carrier networks and in the U.S. only. For complete mobile terms and conditions, please log onto Microsoft.com/tag.

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Get beach beautiful with **Touch-On Highlights™** and score a **FREE water bottle** from **Seventeen**... perfect for a day in the sun. How? Text **LOREAL** to **467467** and be ready with the UPC code from your L'Oréal Paris Touch-On Highlights™ purchase.

L'ORÉAL PARIS

TOUCH-ON HIGHLIGHTS™

TOUCH-ON HIGHLIGHTS™ FREE WATER BOTTLE PROMOTION sponsored by Hoarst Communications, Inc. To get your free gift from L'ORÉAL and **Seventeen**, Text "LOREAL" to 467467 from your cell phone and be ready to provide your qualifying UPC code. Only the first 250 texts received will receive a gift. 250 water bottles are available. While supplies last. By entering you consent to receive a further text message to notify if you are a winner or to receive a response that the Sponsor has fulfilled all the prizes and there is no longer a chance to receive the prize. Sponsor's order of receipt of entries is final. Mobile phone entrants will be charged standard text messaging rates for text messages sent and received. ShopText has a NO-SPAM promise. Contact your carrier for pricing plans and details. As soon as Sponsor has received the last eligible entry, Sponsor will post a notice on seventeen.com/checkitout so that all consumers are notified that there is no longer a chance to receive the prize. Must be a female, resident of the 50 United States and District of Columbia between the ages of 13 and 24. Void in Puerto Rico and where prohibited by law. Limit one gift per person.



The Art Institutes Passion for Fashion Competition Winners

The grand prize winners of **The Art Institutes Passion for Fashion Competition 2010**, **Arianna** and **Brittney** wowed the judges with impressive Fashion Design and Fashion Marketing & Merchandising and Retail Management entries. They each earned a full tuition scholarship to an Art Institutes school, a trip to NYC's Fashion Week and a "meet and greet" at **Seventeen**. The Art Institutes is a system of over 45 schools located throughout North America.

Visit artinstitutes.edu/passion4fashion



Andrix Flat Sandals by Soda Shoes

Put your best foot forward with **Andrix** flat sandals by **Soda Shoes**—the perfect shoe to take you from the hot summer days to the cool school hallways. These adorable turquoise and rhinestone-embellished flats come in black, dark brown, light tan, pewter or white. Grab a pair today and get ahead of the curve!

Check out more great styles at sodashoes.com



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seventeen
COLLEGE
SHOPPING
SPECIAL

BEFORE

3

1

DRESS UP YOUR DORM!

Your dorm room doesn't have to be cold and blah—with a little personality, you can make it feel like home! BY neha gandhi

2

AFTER

1 Add cozy touches

Plush pieces, like a shaggy beanbag you can plop down in, give your room a welcoming feel. That way, it's a place where you'll want to spend time!

beanbag Furlicious Beanbag Cover, \$70, and large Beanbag Insert, \$129, both PB Teen, pbteen.com.

2 Hide the ugly stuff

Haul out the dorm desk chair and nightstand (see if your building has a storage area) and sub in some cuter options! Then cover up the cold gray floor with a rug that's easy to clean when you spill.

rug Tarnby Rug, Ikea, \$99 for 5'11" x 8'2", ikea.com.
side table Martini Side Table, West Elm, \$129, westelm.com. **desk chair** Pattern Bent Wood Chair, Brocade Home, \$199, brocadehome.com.

3 Layer your bedding

Your bed makes the biggest style statement, so make it interesting. Layering different blankets and sheets gives it a cool and comfy feel.

comforter Seventeen Bedding Collection, \$90 for twin comforter and sham (not shown), JCPenney and jcp.com.
quilt Whistler Coverlet, Blissliving Home, \$165 for twin, blisslivinghome.com. **sheet set** Logan Palm Sheets, Tommy Hilfiger, \$40 for Twin XL, Macy's.

lanterns (on windowsill) Blue Butterfly Lantern, \$12, and Green Square Metal Lantern, \$10, both Pier 1 Imports, Pier 1 Imports stores. **voile window sheer** Room Essentials, \$5 for each 84" panel, Target stores. **pink lamp** Double Shade Lamp, Student Lounge, \$40, Kohl's and kohls.com. **throw pillows** Pink Lighthouse Beach Lumbar Pillow Cover, \$29, and Blue Zig Zag Pillow Cover, \$25, both PBTeen, pbteen.com; round pillow, Seventeen Bedding Collection, \$25, JCPenney and jcp.com. **underbed bins** Guys' Solid Canvas Bins, PBTeen, \$39 for underbed size, pbteen.com.

Turn for your total
college shopping list!

YOUR COLLEGE SHOPPING CHECKLIST

Sure, you have the boring checklist your school sent you—but here's the cute stuff that's going to make dorm life a million times easier!



☑ high-quality headphones

Block out your roommate's late-night phone calls to her BF with these sound-sealing headphones!

headphones Big Round Headphones, Fashionation, \$20, mercurynovations.com



☑ pretty pin board

Sticky tack can ruin your photos—but you can use it to put up this corkboard, and keep all your cards and pics visible.

corkboard Poppy Corkboard, The Container Store, \$20 for large size, containerstore.com



☑ funny usb drives

Use these to bring presentations to class and back up your pics and music. (They're hard to confuse with anyone else's!)

flash drive Friends with You USB Flash Drive, Mimoco, \$34 for 2-GB storage, fredflare.com



☑ personalized mini laptop

Anetbook (it can handle all the basic paper-writing and Internet stuff) is perfect for the library or class. Make yours stand out with a skin in a fun print!

netbook Inspiron Mini 10, Dell, \$279, dell.com, **skin** Retro Zebra print, Skinit, \$20, att.skinit.com.



☑ tiny desk fan

Most dorms don't have AC, so a fan is a must. This one sits on your desk and helps you keep your cool when you're racing to finish a paper.

fan Cool It Personal Fan, Brookstone, \$20, brookstone.com



☑ bright desk chair

Replace your desk chair with a more fun (and comfy) option. You'll actually be happy to sit in it and do work.

chair Jules Swivel Chair, Ikea, \$40, ikea.com



☑ waterproof shower tote

Yes, you need a caddy for the shower, but it doesn't have to be generic plastic. Get a cute one that feels like an accessory (but is still waterproof) instead.

tote Fabric Shower Tote, Bed Bath & Beyond, \$10, bedbathandbeyond.com



☑ hidden storage



"I had so much clutter and nowhere to put it, so this ottoman was a lifesaver. It worked as seating, and it hid all the stuff I didn't want to leave out!"

—RENAE, 19, NEW YORK UNIVERSITY

ottoman Square Storage Ottoman, Student Lounge, \$40, Kohl's and kohls.com

SENIOR'S
FRESHMAN
15
INSIDER SECRET



☑ pretty eye mask

Sleep can be hard to come by in college, so don't get disturbed by your roommate's reading light.

sleep mask Blue Parade Mask, Bona Notti, \$20, bonanotti.com



☑ bright weekend bag

The perfect size for weekend trips to visit friends at other schools.

bag Weekender Tote, Victoria's Secret PINK, \$25, vspink.com



☑ whiteboard fridge

You'll want to keep milk and soda in your room (for super-fast breakfasts and caffeine kicks). So get a fridge to store it all—this one does double-duty as a message board!

fridge Mini-Fridge with Dry Erase Door, Emerson, \$89, target.com



☑ single-cup coffeemaker

Save \$70 a week by making your own *grande* lattes. This cool machine makes hot chocolate and tea too!

coffee maker T20 Single-Serving Home Brewing System, Tassimo, \$130, tassimodirect.com



☑ hd recorder + player

Capture everything from the craziest parties to your finals-induced delirium on video, then use the flip-screen to watch it with your friends.

video camera Slide HD, Flip, \$280, Best Buy stores

Just flip open to play!



☑ funky rain boots

No, class doesn't get canceled in the pouring rain. You still have to trek across campus, so arrive looking cute *and* dry in fun Wellies!

boots Victoria Pink Plaid Rain Boots, Däv, \$90, shop.davrain.com



☑ snug ear plugs



"These were so helpful when I needed to study. It can be really hard to concentrate in the dorms, but earplugs made it possible for me to get stuff done."
—ALEX, 19, UNIVERSITY OF SOUTH CAROLINA

earplugs MSA Safety Works, \$13 for 80 pairs, amazon.com



☑ fun filter pitcher

Tap water in the older dorms can be gross. But a cute pitcher with a filter makes it drinkable!

pitcher Purple Grand Pitcher, Brita, \$31, Target stores and target.com

SEVENTEEN.COM Get DIY ideas for your dorm room at seventeen.com/dormideas

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Fitness Group

Shape-ups

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DESIGNED TO HELP

- BURN MORE CALORIES
- TONE MUSCLES
- IMPROVE POSTURE



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seventeen

August 2010



Cheating

Confessions p.168



Who's That Girl? p.156



50 Girls/50 Jeans p.146



Head Start! p.162



Letters to Phoebe p.170



Rihanna p.140

have your
BEST YEAR EVER!

It all starts here: We've got endless first-day outfit ideas, easy back-to-school hairstyles, and advice from Rihanna that will give you amazing confidence!

PHOTOS: (CHEATING CONFESSIONS) MATT SALACUSE; (WHO'S THAT GIRL?) TERRY DOYLE; (50 GIRLS/50 JEANS) NICHOLAS ROUTZEN; (HEAD START!) FERNANDO MILANI; (LETTERS TO PHOEBE) PHOEBE PHOTO; BACKGROUND PHOTO: PHILIP FRIEDMAN/STUDIO D.

rihanna

SHE'S FINALLY SURROUNDED BY HAPPINESS

PHOTOGRAPHS BY PEGGY SIROTA

by carissa rosenberg




na

& LOVE—AND SHE'S JUST SOAKING IT ALL IN.



ON RIHANNA: Top, Diesel; shorts, Joie; hat, stylist's own; gloves, Chanel; shoes, Balenciaga by Nicolas Ghesquière.



ON RIHANNA: Dress,
Topshop; earrings,
House of Lavande.

R

ihanna has a million reasons to be happy right now: hit singles, a successful tour, a sweet new boyfriend, a tight group of girlfriends, an incredible wardrobe . . . and the list goes on. So it's hard to believe that just 17 months ago, the whole

world was worried about her when she was assaulted by her then-boyfriend, singer Chris Brown. And honestly, Rihanna was worried about herself too. "It was a very rough time," she says. But instead of allowing that darkness to swallow her, Rihanna decided to make her way through the heartbreak and violence by going home to be with her family and close friends and getting her feelings down on paper. It was those writings that turned into her latest album, *Rated R*. "I'm actually telling a story," she explains. "It was something that was so personal, and getting it out through music was definitely healing."

Although this record has already produced three top 10 hits and gone platinum, Rihanna says her greatest success over the last year was actually her emotional growth. "There's a balance in my life that wasn't there before," she explains. "It's a really different peace, a different energy." She hasn't lost her trademark edgy look, but now there's a sparkle in her eyes and real happiness behind her perfect smile. Now that she's shining brighter than ever, Rihanna is ready to talk about the life lessons she's learned, what she does for fun, and what love looks like to her now.

17: Your transformation has been major this year. A lot of times we didn't know who the real Rihanna was—the cute girl we'd always looked up to, or the tough girl in the *Rated R* videos.

Rihanna: I was just being very experimental with the way I expressed myself. It was a time of venting. It was my escape from the chaos that was happening in my life. But I *always* want to be loud and expressive—and that's exactly what I'm going to do.

17: You seem so happy now.

R: It was a big turning point in my life to move forward, and all I had to do was be independent enough to *take* that step forward. I had to take the new direction that my life had in store for me, and enjoy it and embrace it. It's really liberating. It makes you feel proud when you look back and see how much it took to actually get here. And it's the best feeling. I'm really enjoying life right now.

17: What do you want the readers to take from your experience with Chris?

R: I hope to help them have the strength to [get out of a bad relationship] because it definitely takes *a lot* of inner strength. You're never prepared for the day that you have to get out of that relationship—it's never something that's going to be easy to deal with. But you know it's the right thing to do. And just know that one day you're going to wake up and be over it.

17: What have you learned about love?

R: It should be fun. I think people take relationships a little too seriously; sometimes they forget that it's supposed to be something that they enjoy. It becomes a little too serious, and some people miss out on the good things. If you want to have a boyfriend, make sure that he's making you laugh all

the time, because that's what it's all about.

17: What does your latest tattoo say?

R: "Never a failure, always a lesson." [Editor's note: The phrase is written in a mirror image—you can see it on her right shoulder on our cover.] It's something that's always been said around me—something that my best friend Melissa and I really keep strong. It's our mantra to life. We try to encourage that attitude to the people around us. We're part of an all-female glam squad—it's all women, and there are no guys at all. We are the most nonjudgmental group of women you'll ever meet. We like people to have fun and to live life. We believe that if you make a mistake once, it's not the end of the world—just don't make the

“
I always
want to be
loud and
expressive.”

same mistake twice. And that's what that saying means to me.

17: How did you and Melissa become friends?

R: I've known her ever since we were 14. She transferred to my school in Barbados and we just clicked. That was a time when I had no girlfriends at all, and neither did she. I didn't get along with girls very well—it was so exhausting to have female friends because with them, it was always backstabbing and gossip, and a lot of fighting. I didn't really get it, so I hung out with guys. But she was my first real girlfriend and now she's almost always with me—we live together. I feel so comfortable when she's around. I feel like she's like my guardian angel.

17: What were you like growing up?

R: All I ever really wanted to do was dance and listen to great music and have fun!

17: What do you do for fun now?

R: The most fun things that I do are the most normal, simple things, things that most people take for granted—like being able to watch TV and lounge around the house, or having a really good meal. I love going to the grocery store—for me, that's like an event! *Those* are the moments I treasure.

17: What's most important to you now?

R: My family. They're my best friends, and the people I love most in life. My career is a big thing for me right now. Having a strong circle of friends, people who genuinely care about me. Happiness—whatever it is that makes me happy, I'm going to embrace it. I find that sometimes we get so frustrated in life that we

forget to laugh and smile about things, and so we argue all the time, or frown or find things to be upset about. So many things are just not worth getting upset over. Life is too short.

17: When you're upset, how do you get out of it?

R: Listening to loud music always helps, especially if it's something that's really bothering me. There are real issues that come up in life, and you have to face them. But that's when I put my Linkin Park on and just listen to it as loud as I possibly can—it really helps me to get that energy out. I try to do it in easy ways instead of slamming things—you know, like putting your face in the pillow and screaming. Whatever it is, you need to get it out, so just do it. Just don't harm yourself or anybody else.

17: If you could inspire our readers to do one thing, what would it be?

R: The biggest example that I want to set for people is to dare to be different. Don't be afraid to be yourself just because you're not like everybody else in class. If you want to dye your hair green and that's what makes you happy, then dye your hair green—no matter what other

people might say about it. Not everybody is going to like you—that's the world we live in; that's reality. So when you're 50 years old and you look back on your life, you want to know that you lived it for *you* and not for other people.

17: Do you consider yourself a role model?

R: I think most people have a very unrealistic idea of what a role model is. They just put you on such an unrealistic pedestal of being perfect, or being a saint. But I'm just Rihanna—I can only be myself. **17**



ON RIHANNA: Top, Diesel; hat, stylist's own; gloves, Chanel.

“If you make a mistake once, it’s not the end of the world—just don’t make the same mistake twice.”



ON RIHANNA: Dress, Topshop; necklaces, Bulgari; cuff, Philippe Audibert; booties, Balenciaga.

50 GIRLS/50 JEANS

What do you get when you mix the hottest denim trends with tons of cool girls? Endless possibilities for your shape and style!

PHOTOGRAPHS BY NICHOLAS ROUTZEN



Jehanc

SHREDDDED

jeans
Sizes 1-11, Celebrity Pink,
\$32, Macy's.
shirt
B.D. Baggies.
ring
Lulu's.
boots
Penny Loves Kenny.

For complete credits,
see page 176.



jeans
 Sizes 25-32,
 Buffalo David
 Bitton, \$99,
 Macy's

Emily

jeans
 Sizes 24-31,
 Quiksilver
 Womens, \$98,
 Quiksilver stores



Olivia

jeans
 Sizes 0-11,
 Decree by
 JCPenney, \$25,
 JCPenney



Ariel

jeans
 Sizes 0-15,
 22, \$29,
 jcpenney.com



Tashae

jeans
 Sizes 1-13,
 Vanilla Star
 Jeans, \$38,
 Mandee stores



Umi



Isabella

jeans
 Sizes 0-13,
 O'Neill, \$56,
 oneill.com



Megan

jeans
 Sizes 0-17,
 Arizona by JCPenney,
 \$20, JCPenney



Kasia



Olivia

jeans
 Sizes 0-15,
 Zana Di Jeans,
 \$30,
 loserkids.com

jeans
 Sizes 24-32,
 DKNY Jeans, \$49,
 dknypeans.com



Danielle

jeans
 Sizes S-XXL,
 Southpole, \$20,
 drjays.com



Ashley

Sarah Kate



jeans
 Sizes 0-15,
 American
 Rag, \$39,
 Macy's

Brittany



jeans
 Sizes S-L, C Pink
 by Celebrity Pink,
 \$20, Sears

jeans
 Sizes 25-32,
 Jessica Simpson
 Collection,
 \$49, jessica
 simpson
 collection.com



Marilyn

jeans
 Sizes S-L,
 Grass, \$44,
 Macy's



Aira

Amanda

jeans
 Sizes 0-13,
 YMI, \$38,
 ymipeans.com



Danielle

jeans
 Sizes 24-33,
 !It Jeans, \$64,
 revolveclothing
 .com



jeans
 Sizes 0-13,
 Glo, \$20,
 Kmart stores



Deanna



JEGGING

jeans
Sizes 0-17, True Freedom,
\$50, JCPenney.
tee
Nation LTD.
necklace
Ben-Amun by Isaac
Manevitz.
**necklace (worn
as a bracelet)**
A.V. Max.
boots
Alexandre Birman

ON ARIEL: PURSE, COACH.

Ariel



CARGO

jeans

Sizes 0-14, Unionbay,
\$40, Kohl's.

tee

Obey Clothing.

jean shirt

7 for All Mankind.

glasses

Marc by Marc Jacobs
Eyewear.

bracelet

Ben-Amun by Isaac
Manevitz.

sandals

Loeffler Randall.

Dierdre



jeans
 Sizes 25-31,
 Sean John,
 \$68, Macy's

Brittany



jeans
 Sizes 2-14, Cavi,
 \$68, Macy's

Jic



Nicole

jeans
 Sizes 0-15,
 Daang Goodman
 for Tripp NYC,
 \$58, trippnyc.com



Sandrina



Ariel

jeans
 Sizes 0-13,
 Tyte, \$30,
 Macy's



Nicole



jeans
 Sizes 0-12,
 Express, \$60,
 Express stores

Irena



jeans
 Sizes 0-17, Tyte,
 \$30, Macy's

Adrianna



Ashley

jeans
 Sizes 1-13,
 Vanilla Star
 Jeans,
 \$38, Belk

Yulia



jeans
Sizes 0-20,
Old Navy, \$35,
Old Navy stores

Anjela

jeans
Sizes 0-20, Old Navy,
\$35, Old Navy stores



jeans
Sizes 0-13, YMI,
\$38, ymijeans.com



Ashley



jeans
Sizes 0-13,
YMI, \$38,
ymijeans.com

Eli

Dominique



jeans
Sizes 24-33,
!It Jeans, \$108,
call 510-665-5994
to order

Frances

jeans
Sizes 24-33,
Silver Jeans,
\$90, Buckle
stores



Yuliya



jeans
Sizes 1-25,
Revolution, \$30,
alloy.com

jeans
Sizes 0-13,
YMI, \$38,
ymijeans.com



Lexi

jeans
Sizes 00-18,
American Eagle
Outfitters,
\$40, ae.com



Ashley

FLARE

jeans

Sizes 0-17, Truce by JCPenney, \$30, JCPenney.

top

American Eagle Outfitters.

necklace

Sam & Goldie.

bracelet

Nine West.

watch

AMI Clubwear.

sandals

Daniblack.



Brittany



BOYFRIEND

jeans

Sizes 2-16, DKNY Jeans,
\$69, Macy's.

tee

Cavi.

necklace

A.V. Max.

bracelets

Ben-Amun by Isaac

Manevitz.

boots

Diesel.

Laura

Fashion Stylist: Leanne Ford. Hair: David Cruz for Redken/Cutler NYC at Raybrownpro.com.
Makeup: Janeiro for Dior Beauty at Judy Casey, Inc. Manicure: Sofia Shustero for Chanel at Judy Casey, Inc.

More at ebook-free-download.net or magazinesdownload.com



jeans
 Sizes 4-16,
 Levi's,
 \$44, select
 Kohl's

Brittany



jeans
 Sizes 0-20,
 Old Navy, \$35,
 Old Navy stores

Vianna



Anna



jeans
 Sizes 2-16, Nine West
 Vintage America
 Collection, \$50, Macy's

Sara



jeans
 Sizes 24-36,
 Silver Jeans,
 \$75, silver
 jeans.com

Giuli

jeans
 Sizes
 00-17/18,
 Aéropostale,
 \$40,
 Aéropostale
 stores



Tori

jeans
 Sizes 0-14,
 Levi's, \$80,
 levi.com



Talita

jeans
 Sizes 25-31, DC,
 \$70, dcshoes.com



jeans
 Sizes 1-13,
 Vanilla Star
 Jeans, \$34,
 Wet Seal
 stores

Olena



Amber

jeans
 Sizes 12-28,
 Z. Cavaricci
 Couture, \$65,
 Torrid stores

top
Sizes XS–XL, Material
Girl, \$25, Macy's.
skirt
Sizes 0–13, Material
Girl, \$22, Macy's.
necklace
M. Haskell.
belt
Streets Ahead.

tank
Sizes XS–XL, Material
Girl, \$22, Macy's.
cargos
Sizes 0–13, Material
Girl, \$28, Macy's.
necklace
Gemma Redux.
belt
Diesel.
bracelets
Black bracelets and
rhinestone bracelet,
all CC Skye; studded
bangle, Lulu's.
shoes
Topshop.

WHO'S THAT GIRL?

You'll be a style superstar in these looks from
Madonna's new line, Material Girl. (It's inspired by
her teenage daughter, Lola! How cool is that?!?)

PHOTOGRAPHS BY TERRY DOYLE



jacket
 Sizes XS-XL, Material
 Girl, \$78, Macy's.
dress
 Sizes XS-XL, Material
 Girl, \$15, Macy's.
necklace
 Lia Sophia.

Hair: David Cruz for Redken/Cutler NYC at Raybrownpro.com. Makeup: Janeiro for Dior Beauty at Judy Casey, Inc. Manicure: Ana-Maria for Onyx Salon & Spa/Artistsbytimothypriano.com.

More at ebook-free-download.net or magazinesdownload.com

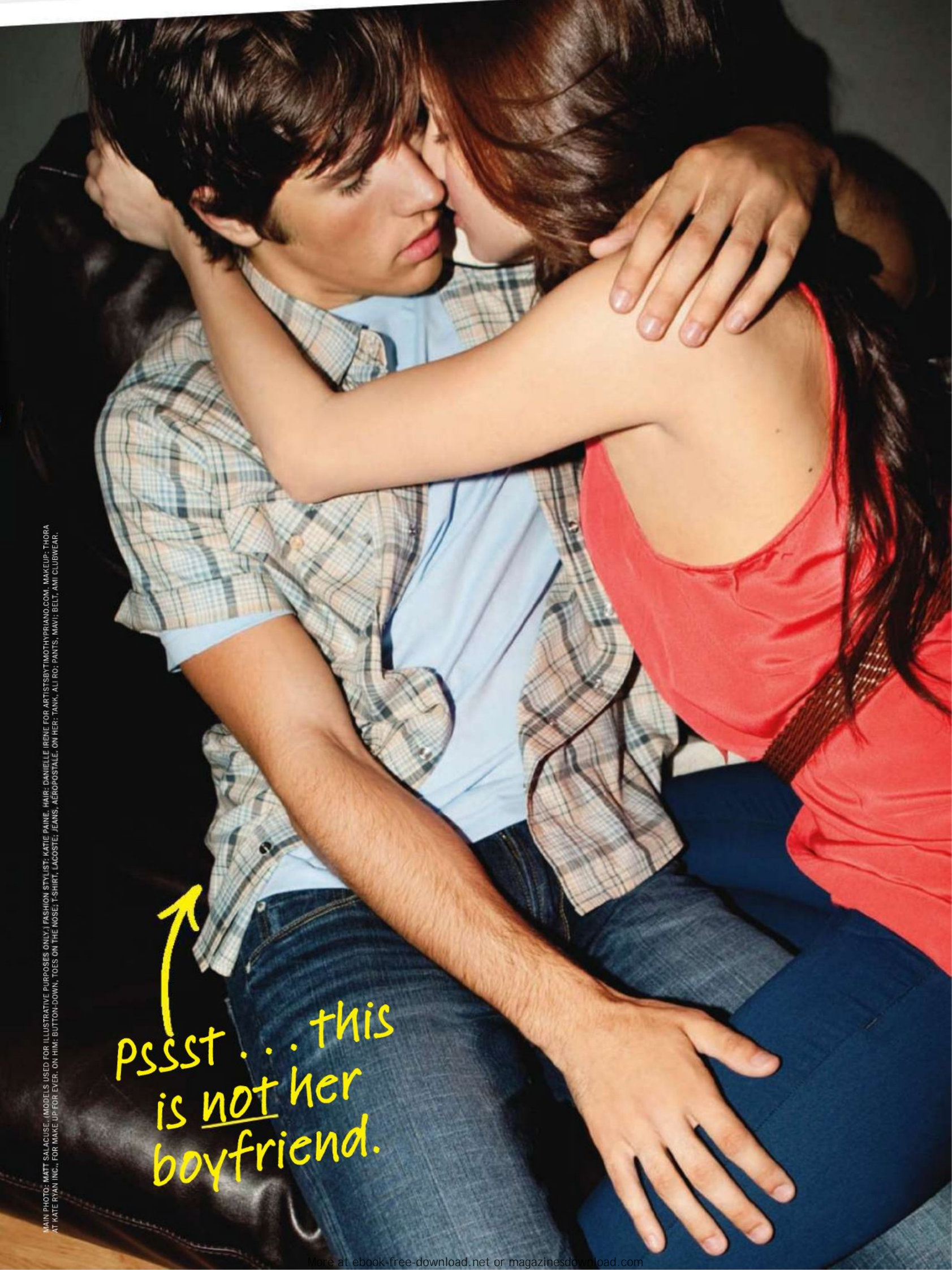
CHEATING

CONFESSIONS

Suddenly, it feels like everyone has something to hide.

BY ELISA BENSON

Doesn't it seem like a new cheating scandal surfaces every day? These past few months, everybody has been talking about Tiger Woods, Sandra Bullock, and the rumors that Jessica Szohr hooked up with Ed Westwick's friend. All the drama makes you wonder what *your* guy is doing behind your back. And while it's easy to say you'd dump him if he crossed the line—does it have to be that way? And if you're the one who is tempted to hook up with a hot guy who has been flirttexting you all summer—even though you have a boyfriend—could cheating ever be a *good* thing? (Some girls think so.) Clearly the rules are changing. Consider this your cheat sheet to what people *really* do when they think they won't get caught.



pssst... this
is not her
boyfriend.

WHY IS EVERYBODY DOING IT?

✓ Flirting gets out of control.

Texting and Facebook make it easy to get flirtier with guys than you ever would in person. It seems innocent—until you realize that the thrill of those secret texts and posts is more exciting than your real relationship.

✓ Relationships are “complicated.”

If you and your guy aren’t “official,” it feels like it’s not *technically* cheating to make out with someone else—but is it? That casualness makes it hard to define what crosses the line.

✓ It seems like no big deal.

When you hear friends who cheat make excuses (“I’m not married yet”) and see celebs do it with no consequences, it almost feels acceptable—like it doesn’t have to be a deal breaker.



can he forget?
Rumor has it that Jessica Szohr hooked up with Ed Westwick’s friend while they were dating. But Jess and Ed have since been spotted together—Is he over it?

“i cheated—and i don’t feel bad.”



“**B**y my senior year of high school, I’d been dating Danny for two years. I loved him, and we even talked about marriage—but I’d get so freaked out! Then during my last semester of school, I had science class with my friend Johnny and everything changed. He was always cracking jokes, and it was a breath of fresh air compared to my intense relationship. **Pretty soon, we were texting funny messages all the time.**

One night Johnny asked me to come over and study for our big exam—it was the first time we’d hung out alone. We sat on the couch in his basement, and there was so much sexual tension I couldn’t concentrate. **Then Johnny leaned in and I couldn’t hold back. I kissed him—hard.** We made out for hours. Instead of feeling guilty afterward, I felt *giddy*. I loved that feeling—it was something I hadn’t felt with Danny in a long time—so I kept hooking up with Johnny. Sometimes on weekends, I’d even tell Danny I needed to go home early because I was tired, then drive straight to Johnny’s house to hook up.

After a month of cheating, I finally broke up with Danny. I didn’t tell him I’d been with another guy—it sounds crazy, but I wanted to protect his feelings. Even so, he screamed that I was a liar for all the times I had said I loved him—and he was right. I had let Danny believe I was committed to our relationship, when I was so checked out that I was hooking up with someone else. I’m not proud of what I did, but it helped me realize that I was staying with Danny only because I was scared to break his heart—cheating gave me the push I needed to end things for good.”

—jamie, 19, buffalo grove, il

34%
of readers who cheated wanted a way out of their relationship.

HOW FAR CAN YOU GO?

Seventeen readers voted on what counts as cheating.

IT’S OKAY!

texting another guy

getting tagged in flirtatious Facebook photos

kissing a guy friend one time for fun

sexting another guy

having a random hookup with someone you’ll never see again

sex

NO FREAKING WAY!



SNEAKY CHEATING

It can be hard to tell when bad behavior is actually cheating. What do you think?

“he was sexting!”

I always catch my boyfriend flirting with girls on MySpace, like saying really sexual stuff or telling them to come over. He swears he's just messing around, but is he cheating when he talks like that? **—KARINA, 17, NEW BRAUNFELS, TX**

95%
of readers say
DUMP HIM!

“she made the move!”

My boyfriend and I went to a party, but I left before he did. Later he confessed that a girl kissed him—but he didn't stop her. I can tell he's truly sorry. Does it count as cheating? **—MAGGIE, 16, NAPERVILLE, IN**

59%
of readers say
FORGIVE HIM!

“we were on a break!”

While we were on a two-week break, my boyfriend made out with one of his girl friends—I didn't find out until we got back together! I was shocked and hurt, but he said it wasn't cheating because we weren't officially together. I think it was, because we weren't broken up—we were taking a break! **—KENYETTA, 16, HUDSON, MD**

71%
of readers say
DUMP HIM!

SHOULD YOU FORGIVE HIM?

It's devastating when your guy cheats—so you'll make any excuse to get back to the way things were. But here's what you should consider.

YOUR EXCUSE: We're in a casual relationship.

The freedom you have is good in theory (like when you want to be free!), but it still hurts when *he* wants to take it. Use this as a chance to figure out if you're ready for a more serious commitment.

YOUR EXCUSE: He was drunk.

Drinking doesn't make a guy do crazy things—it just makes it easier to do crazy things he wanted to do anyway. If it was truly a one-time slipup, he'll be willing to dial down the partying and stay away from tempting situations.

YOUR EXCUSE: A BF who cheats is better than no BF at all.

You might feel like the great parts of having a boyfriend outweigh the cheating. But if he does it more than once and you turn a blind eye, you're sacrificing your self-respect. Refusing to stand for it when someone hurts your feelings puts you—not a guy—in charge of your heart.

33%
of readers have
stayed with
a guy
who cheated.

**“he cheated—and
i took him back.”**

“When my boyfriend confessed that he'd cheated with a random girl he met

online, I was shocked—I felt so **betrayed, it made me wonder if he ever loved me.** I needed time to sort through my feelings, so we broke up. It didn't take long for me to realize I wanted to forgive him—he'd been so tearful and guilt-stricken when he told me what happened that I knew in my heart he was sorry. But I waited a month before getting back together to make sure it was what *I* wanted. After that, he worked twice as hard to regain my trust: **He draws a line when girls get flirty, and he doesn't text any girls I don't know.** At the same time, I've learned that I can't be paranoid about what he's doing every minute of the day—trust has to go both ways. It sounds weird, but now I trust him even *more*. ”



—taylor-morgan, 16, middletown, oh

17 EXPERT: Kathleen A. Bogle, Ph.D., an assistant professor of sociology and criminal justice at LaSalle University and the author of *Hooking Up: Sex, Dating, and Relationships on Campus* (NYU Press, 2008).



HEAD START!

GO BACK TO SCHOOL WITH A NEW HAIRSTYLE
AND A NEW ATTITUDE! HERE'S HOW YOU
CAN MAKE THE GRADE WITH FIVE AMAZING IDEAS.
BY YESENIA ALMONTE

PHOTOGRAPHS BY FERNANDO MILANI HAIR BY CHRIS McMILLAN



BE ***BLUNT***

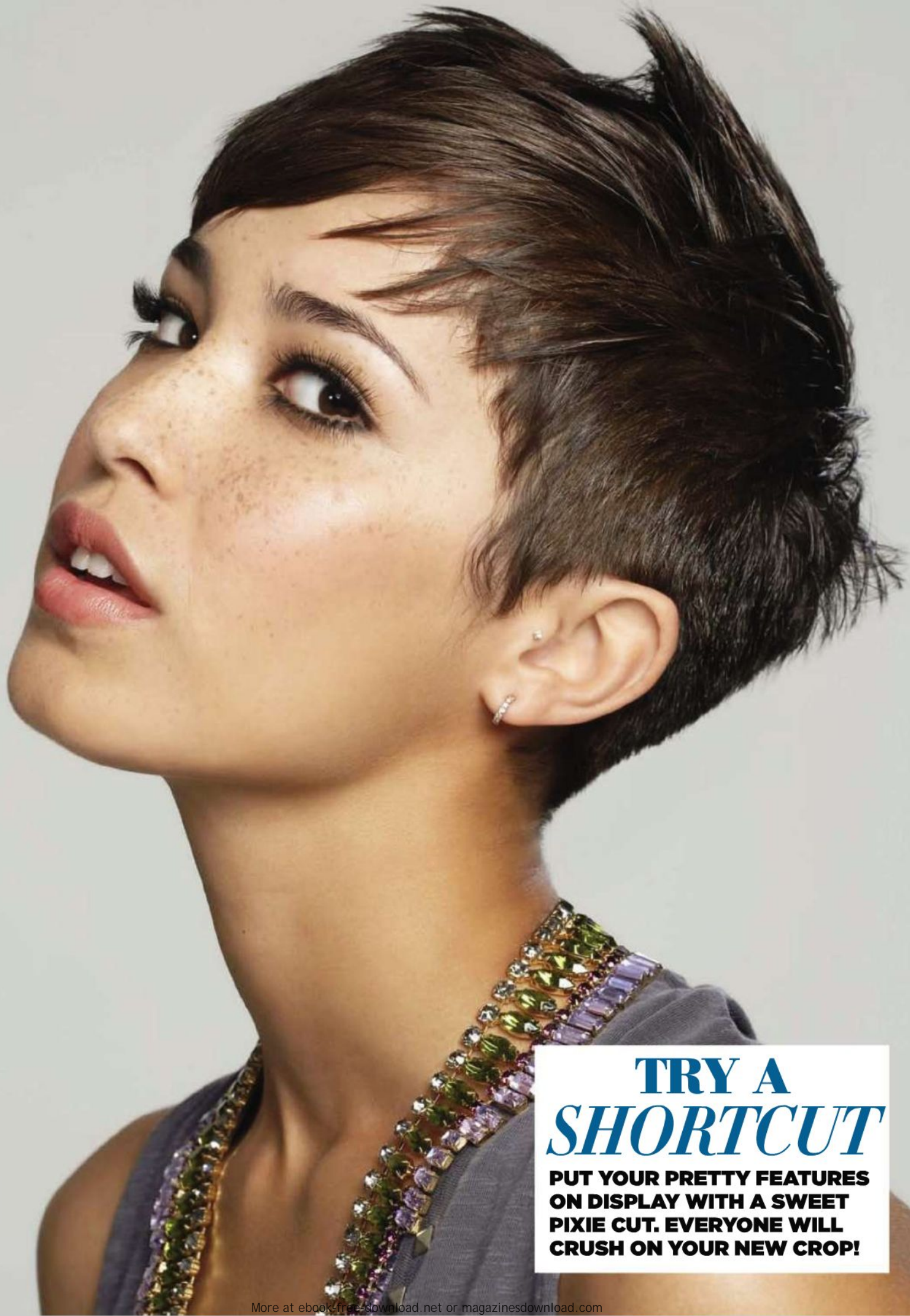
**THIS YEAR FULL,
HEAVY BANGS
THAT HIT RIGHT AT
THE BROW OR
EVEN A LITTLE
BELOW MAKE THE
RIGHT STATEMENT.**

ON MODEL (THIS PAGE): TANK, OBEY. ON MODEL (OPPOSITE PAGE): SWEATER, OI.

JOIN THE *BAND*

**KNIT HEADBANDS
MADE THEIR
MARK ON THE
FALL RUNWAYS.
YOU'LL SCORE ON
STYLE WHEN YOU
SLIP ONE ON.**





TRY A *SHORTCUT*

**PUT YOUR PRETTY FEATURES
ON DISPLAY WITH A SWEET
PIXIE CUT. EVERYONE WILL
CRUSH ON YOUR NEW CROP!**



PLAY THE *PART*

**SWEEP THE GUYS
OFF THEIR FEET WITH
A DEEP PART AND A
SEXY SWOOP.**

ON MODEL (THIS PAGE): TANK. COLLECTIVE CONCEPTS; EARRINGS: BEN-AMUN.
ON MODEL (OPPOSITE PAGE): DRESS: MILLY; EARRINGS: AZZARA; BOW: EMI JAY.



TAKE *SIDES*

**WANT EXTRA
STYLE CREDIT?
THIS RUMPLED
SIDE PONY IS A
HOT FALL
TREND, BUT
DOESN'T LOOK
LIKE YOU TRIED.**

Fashion Stylist: Annebet Duvall. Hair: Chris McMillan for Solo Artists. Makeup: Gita Bass for Exclusive Artists for Make Up For Ever.

More at ebook-free-download.net or magazinesdownload.com

GET THE LOOK!

ACE THESE STYLES WITHOUT A SECOND OF STUDYING—CHECK OUT HOW EASY THEY ARE!

BE BLUNT

HOW-TO: To make blunt bangs look shiny and sleek, blow them dry using a small flat brush and follow with a few passes of a flat-iron. Finish with a cream-and-serum combo—it will keep every hair shiny and in place without looking greasy.

try: HerCut The Blunt Catalyst, \$28, Sephora stores



JOIN THE BAND

HOW-TO: Frame your face with a luxe headband positioned just at the top of your forehead. Fluff up your hair at the crown and sweep your bangs across your forehead. Then pin bangs near your ear under the headband.

try: Bronze mohair knit turban headband (on model), Sage green cotton crochet headband with wood bead trim, and Blue mohair knit turban headband, all Jennifer Ouellette, \$40 each, jenniferouellette.com





PLAY THE PART

HOW-TO: A deep side part adds major drama to your look. Use the tip of a fine-tooth comb to create a part that's two inches above your ear. Create a diagonal line from your hairline all the way back to the crown of your head. Use a light styling product to add tons of shine and soft hold.

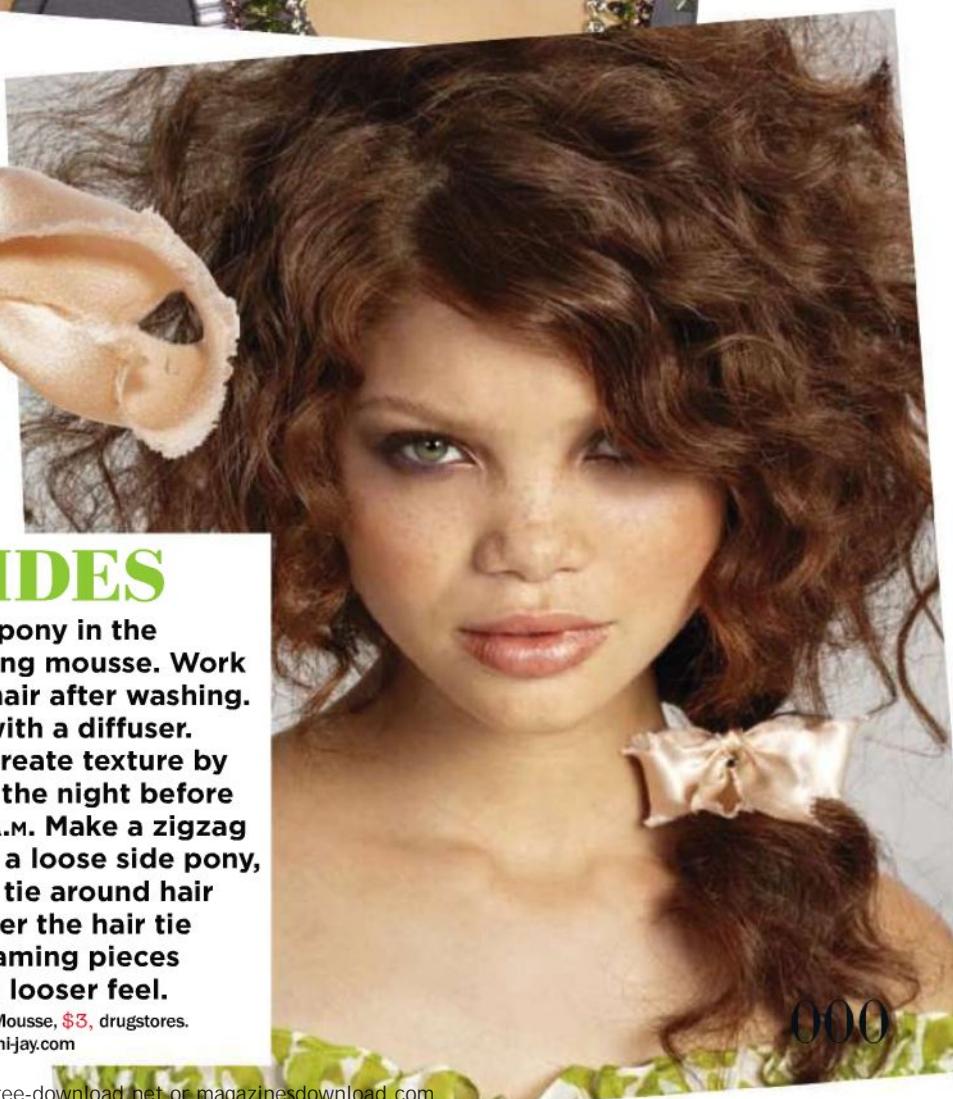
try: Paul Mitchell Hair Sculpting Lotion, \$7, salons



TRY A SHORTCUT

HOW-TO: To give your pixie cool piecey texture, mist texturizing spray onto your palms and lightly run them over your hair. (Applying it with your hands gives you hold without causing any flakes!)

try: Short Sexy Hair Play Dirty Texturizing Hair Spray, \$19, salons



TAKE SIDES

HOW-TO: Mess up your pony in the flirtiest way with volumizing mousse. Work just a little through your hair after washing. Then bend over and dry with a diffuser. If you have straight hair, create texture by braiding 2" pieces of hair the night before and shaking it out in the A.M. Make a zigzag side part, gather hair into a loose side pony, and wrap a silky bow hair tie around hair to secure. Puff the hair over the hair tie a bit and let some face-framing pieces fall out to give the pony a looser feel.

try: Herbal Essences Body Envy Volumizing Mousse, \$3, drugstores. On model: Emi-Jay Silk Bow Hair Tie, \$15, emi-jay.com



Dear Phoebe,
How many times w
el do these things?
never wanted to h
anybody and love
all so much!



Phoebe Prince
1994–2010

Phoebe,
s been so h
ult times a
wanted yo
suggestions
ever mak

PHOEBE PHOTO: BOSTON HERALD/ROLARIS. BACKGROUND PHOTO: PHILIP FRIEDMAN/STUDIO D.

Letters to Phoebe

Fifteen-year-old Phoebe Prince was pretty, hopeful, and liked to goof around with friends. The story of how she killed herself after being viciously tormented by her schoolmates has touched the lives of girls across the country. Now they're taking a stand to talk about just how dangerous—and deadly—bullying can be.

Have you ever been the new girl at school? Can you imagine what it feels like to be worried about sitting alone at lunch, or nervous about who you'll talk to at gym? But you're also kind of excited because you can start fresh, meet cute guys, and make new friends. You just want to *belong*.

That's what it must have been like for Phoebe Prince, who had just moved from Ireland to Massachusetts before the beginning of freshman year. Friends say she was a sweet girl who loved being around people, so when a popular senior football player named Sean started flirting with her, she seemed to stop worrying so much about fitting in. Having a cute guy waiting for her after class must have felt so amazing. Who *doesn't* want a hottie telling you that you're beautiful?

In November, Sean got back with his sometime-girlfriend Kayla, who was jealous that he'd hooked up with Phoebe. And then when Phoebe briefly dated a senior named Austin, his on-again, off-again girlfriend, Flannery, threatened to "kick her ass." School turned into a war zone. Sean, Kayla, Flannery, and their crew shoved Phoebe into lockers, wrote "Irish bitch" next to her name on the library sign-in sheet, and screamed, "I hate stupid sluts" at her while she tried to study. How do you fight back when you're so *humiliated*? How do you *feel* when you know other people hear the taunts but just sit there and let it happen?

Phoebe tried to tell school officials, but things didn't get any better. The final straw was when she was walking home one January afternoon and a friend of Kayla's drove by yelling, "Whore!" and then hurled an empty energy drink can at Phoebe before driving away. She must have felt so alone and desperate.

Phoebe couldn't think of the future. She could only feel the agony she was in at that moment. She just wanted to make the pain stop. . . . You know what happened next.

Why did Phoebe have to die? Why did a girl who had family and friends who loved her think that killing herself was the *only* way out? If you could comfort Phoebe, what would you say? What would you want someone to tell *you* when you've been totally betrayed by your crush, and girls are sabotaging you on Facebook and at school? What would you say to a friend who has been so beaten down that she feels she has no other choice? *Seventeen* collected your letters about what you *wish* Phoebe had known before her darkest moment to remind everyone that even when you feel helpless, there *is* hope.

You made the world wake up



Phoebe, you are brave for going through all that torment and keeping your head up for so long. I know you felt like you couldn't take it anymore, like giving up was the only way out.

But because of you, the world is finally paying attention to how serious it is to push girls to the point where they feel like they can't take the abuse anymore. You are going to make other girls rethink their actions before bullying anyone ever again. Because of your story, now if people see someone in your situation, they will help and say something instead of leaving you to fend for yourself.

—Taylor, 17, New Rochelle, NY
a member of the anti-cyberbullying group
Teenangels, teenangels.org



happier times
Phoebe just wanted to make friends.



too young to die
Classmates hold a vigil in honor of Phoebe.

You do matter



I hear cutting words from other girls a lot, like that I'm worthless and I'll never belong. It's scary—I don't know how to make them stop. I've thought of killing myself too, so I wouldn't have to deal with the humiliation every day. But then I think, Who will be the next victim when I'm gone? What would my family's life be like after I left? My little sister is going to need me to help her get through stuff like guy problems and friend drama. My family's love makes me think that the bullies are wrong. So I know that I do matter. And Phoebe, you matter too.

—Alexandra, 15, Edgerton, WY
(left, with her sister)



Dear Phoebe,



I wish it wasn't too late for me to give you a hug and tell you it was going to be okay. Sadly, I will never get that chance. When will people understand that verbal abuse is just as serious as physical abuse? How many precious lives will it take to put an end to cliques, cat fights, and ugly rumors? I'm taking a stand against bullying and encouraging everyone to make a difference and put a stop to this. I wish you were here to join me in my fight.... My heart and prayers go out to you and your family. RIP, Phoebe—you are missed.

Sincerely,

—Demi Lovato, actress, singer, and
spokesperson for TeensAgainstBullying.org

You need one friend



Dear Phoebe,
If I had been there, I would have told you: "When you feel like you're going under and you've got nowhere to turn, just remember this: No worries, babe. I've got you." I often say this to my friends when they're in a rough part of their lives. What those kids did to you was cruel and sick. You did not deserve that. If I was your friend, I would have told you to call me at any time, whenever you wanted to talk. I would have gone to war for you. Every girl needs just one friend who can say to her when things get bad: "No worries. I've got you, babe."

—Salena, 17, Comanche, OK

Keep your head up



You're above this, Phoebe. Don't let the petty words of others get inside your head and change what you think about yourself. You may not believe it, but those girls don't even mean what they say—they just want to make themselves look stronger than you. Prove them wrong, Phoebe.

—Hannah, 19,
Odessa, MO

never forget
Phoebe's story is
kept alive with
memorials like this.



"I was the bully—but I changed my ways"



A few years ago, my friends stopped talking to me and acted like I wasn't even there when I said *anything* to them. I came home crying every day and finally switched schools.

At my new school, I quickly became close with one of the popular girls. I was scared that if I didn't fit in, I'd get ditched like before. The cruelty started off with us ditching *another* girl in our group. She was annoying us, but instead of subtly phasing her out, my friends and I did the exact same thing that my ex-friends did to *me*: We completely ignored her. I know it sounds awful, but I loved how powerful I felt when I saw the look on her face. I had ruined her, and I felt better about what happened to me by doing it to *another* girl.

This continued for the rest of the year, targeting different girls. I harassed girls on YouTube, Facebook, IM, and at school. I threw a Twinkie across the room at an overweight girl during class, and my friends and I burst into laughter. It was like I couldn't control myself. I got a high from knocking down other girls.

But looking back, I've always felt insecure, and intimidating others kept me from thinking about how I didn't measure up. I was having tons of issues with my mom and barely saw my dad, so the only time in I felt good was when I was bringing someone else down.

Phoebe, your story really upset me: The first thing I thought was, What if I had made one of the girls *I* bullied kill herself? I'd *never* forgive myself! You made me see that words are weapons and can be just as bad—or worse—than physical attacks. I will *never* cut other girls down again.

—Jessica, 16, Brockville, ON, Canada

Do what feels good



Phoebe, you can't change what people say, but you *can* change the way you take it. I know what it's like to lose a friend because she let the bullies get the best of her. My friend killed herself after girls abused her in school and on formspring, calling her

obsessive, controlling, and a fat cow. She wasn't what those girls said she was. She didn't have to die. After her death, I was so stressed that my hair started falling out, but I got rid of my cell so I couldn't read mean texts. I was bullied too, but I shut it all out by doing stuff that felt *good*, like listening to music. Phoebe, if only you could have found something that made you happy. You don't know how amazing you could have been and what you could have become.

—Natasha, 18, Phoenix, AZ

if you're being targeted...

DO: hang out with friends or a trusted adult at times when you think you're most likely to be bullied—like in the cafeteria, bathroom, or library. Bullies don't feel as powerful when they're outnumbered.

DON'T: respond or forward to friends a vicious message or text—you'll only set off a dangerous cycle. Instead, block the sender and walk away from your computer or cell phone.

NEVER: delete serious threats over e-mail, in texts, notes, or Facebook messages. Save them so you can use it for proof if you need it later on.

IF YOU NEED HELP or you want to take a stand against bullying, go to teenangels.org. Special thanks to founder Parry Aftab for her help with this story.



TRAUMARAMA!

Everyone has had humiliating moments!

just breathe

"A guy and I went on a date to a movie, but it was **boring**, so we started a quiet convo. Somehow we got on the subject of **bad breath**. In a flirty way, he blew his breath in my face. I giggled. A few seconds later, he **leaned** into me. I thought he wanted to smell my breath, so like a moron, I **blew** my breath on him. He looked at me, surprised, and said 'I was going to **kiss** you. . . .' We just turned awkwardly to the screen and watched the rest of the movie in **silence**."

PEEP SHOW

“ I have a huge crush on my friend's **brother** and was stoked when she **invited** me over to their house to go swimming. I used the bathroom that was attached to my friend's bedroom to change into my suit. I noticed another door but figured it was just a **closet**. I was completely **naked** when her brother walked in through the mystery door! Turns out, the door actually opened into his room! I **screamed**, and he quickly turned **around** and shut the door. I was so upset that I couldn't look him in the eye the rest of the day.” ”

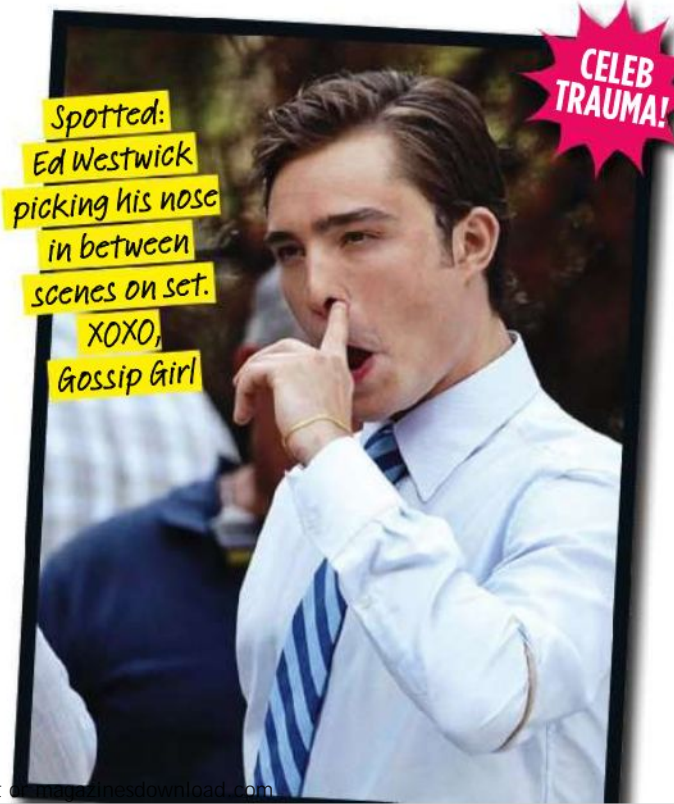
see you in the fall

"My PE class was playing basketball outside, and I was standing right near the basket. I was talking to someone and all of a sudden, a bunch of the players ran toward the basket and crashed into me. I fell to the ground in front of **everyone** and someone snapped this picture of me while I sat on the grass in pain!"



fresh face

“ On the first day of senior year in high school, I felt like I ruled the school, only to go to the bathroom and have a girl ask, 'Are you a freshman too?' ”



Spotted:
Ed Westwick
picking his nose
in between
scenes on set.
XOXO,
Gossip Girl

bad add

“A cute boy added me on MySpace. Excited, I sent him a flirty message asking how he knew me. Turns out he’s my friend’s new boyfriend and she told him to add me. Such a bummer!”

ORANGE YOU GLAD THIS ISN'T YOU?!?



“I’m blonde, but one time I decided to dye my hair light **brown** to change it up a little. I enlisted a friend to help me do it, and I couldn’t **wait** to see what it would look like. But when I **washed** the dye out, it looked a little **orange**. When it dried, it looked neon! We ran to the **store** to get more dye to fix it and guess who we happened to see. . . my **crush**, who laughed at me! And to top it all off, the second dye job only made my hair more orange! It was so **bad**!”

bubble-icious

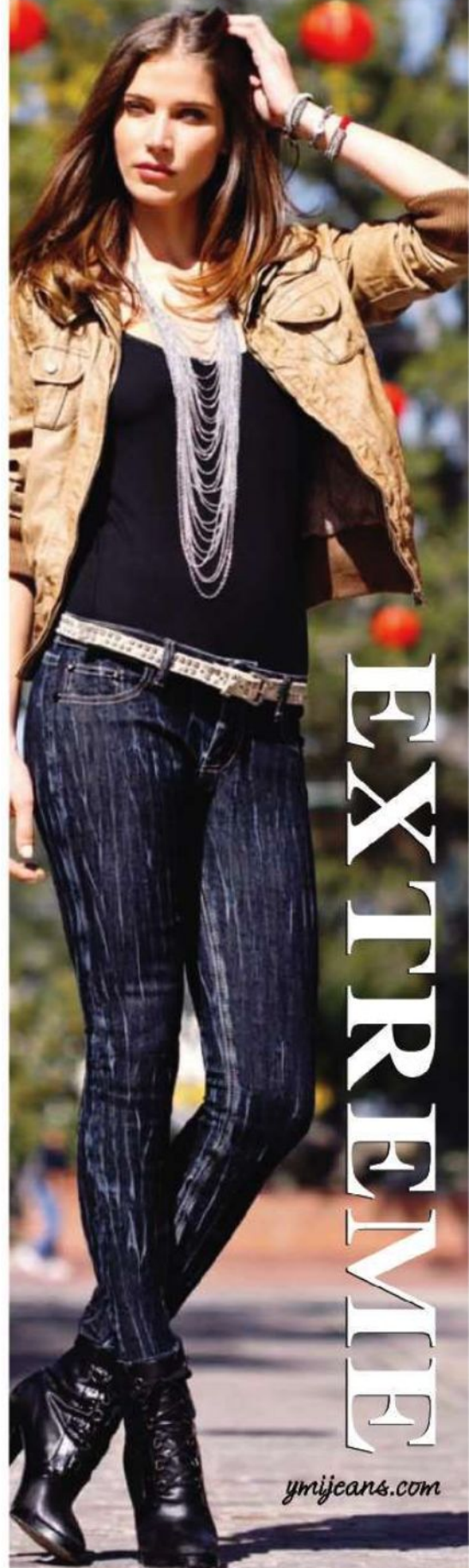
“At the beach with my crush, I had to pee but didn’t want to leave him, so I just went in the ocean. (Gross, I know!) As I was going, I let out a big fart and water bubbled around me. He totally saw and I’m sure he knew what had happened!”

flipped out

“I went to a Taylor Swift **concert**, and my friends and I were walking to our seats when my **flip-flop** broke! I tried hopping on one foot but I just ended up feeling **ridiculous**. So I had to walk on the **sticky** arena floor with only one shoe. I could tell that everyone was looking at me like I was crazy, plus it was absolutely **disgusting**! Taylor totally rocked, but I couldn’t enjoy myself, unfortunately. Note to self: Bring **extra** shoes next time!”



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HOW TO PARTICIPATE IN THE SOFTLIPS PURE 100% NATURAL LIP GLOSS GIVEAWAY (page 10): Beginning at 12:01 A.M. ET, July 6, 2010, go to seventeen.com/softlips and enter the code **pure** on the entry form to receive one (1) free Softlips Pure 100% Natural Lip Gloss. Ten thousand (10,000) will be given away. One per person. Giveaway ends at 11:59 P.M. ET, August 9, 2010. While supplies last. A notice will be posted on seventeen.com when Sponsor has received 10,000 entries. Once all glosses are distributed, there will be no substitute product given away.

Sweepstakes Rules

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Must be female, between the ages of 13 and 29, and a legal resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law, unless otherwise noted. Odds of winning depend on the total number of eligible entries received.

HOW TO ENTER THE TEEN READER FEEDBACK SWEEPSTAKES (page 9): Go to survey.seventeen.com and complete and submit the entry form pursuant to the on-screen instructions beginning at 12:01 A.M. ET, January 4, 2010, through 11:59 P.M. ET, December 11, 2010. One (1) winner will receive a \$500 American Express Gift Card, and five (5) winners will receive a \$100 American Express Gift Card. Sweepstakes subject to complete Official Rules available at survey.seventeen.com.

HOW TO ENTER THE AUGUST DAILY DENIM FREEBIES (page 14): Complete and submit the online entry form at seventeen.com/freebies beginning at 12:01 A.M. ET, August 1, 2010, through 11:59 P.M. ET, August 31, 2010. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE RIHANNA FREE CONCERT TICKET GIVEAWAY (page 20): No purchase necessary to enter or win. Rihanna Concert Tour Sweepstakes sponsored by Hearst Communications, Inc. Go to seventeen.com/winrihanna and complete and submit the entry form pursuant to the on-screen instructions, beginning at 12:01 A.M. ET, June 28, 2010, through 11:59 P.M. ET, July 15, 2010. The entry code is **summerfun**. Two hundred (200) Grand Prize winners will each win two tickets to a Rihanna concert (approximate retail value: \$200). Transportation not provided. Total approximate retail value for all prizes: \$40,000. Odds of winning will depend upon the total number of eligible entries received. Open to females between the ages of 13 and 29 who are legal residents of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Province of Quebec, and where prohibited by law. Sweepstakes subject to complete Official Rules available at seventeen.com/winrihanna.

HOW TO ENTER SEVENTEEN'S SHOPPING SPREE SWEEPSTAKES (page 28): Go to seventeen.com/fallshoppingspree and complete and submit the entry form pursuant to the on-screen instructions, beginning at 12:01 A.M. ET, February 1, 2010, through 11:59 P.M. ET, January 31, 2011. One (1) Grand Prize Winner will win \$10,000 cash. Must be 13 years or older and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at seventeen.com/fallshoppingspree.

HOW TO ENTER THE AUGUST TEAM SEVENTEEN SWEEPSTAKES (page 103): No purchase necessary to enter. Go to seventeen.com/freebies, beginning at 12:01 A.M. ET, July 15, 2010, through 11:59 P.M. ET, August 15, 2010. Sweepstakes code can be found by (i) registering for Team Seventeen at seventeen.com/Team17 (Seventeen will send all registered members of Team Seventeen a weekly message through Team Seventeen internal messaging with the code and a link to the sweepstakes entry page during each week of the sweepstakes) or (ii) on the rules page found at seventeen.com/rules. Five (5) first prize winners will receive a PROlite mat (approximate retail value: \$68) and Matware mat sleeve (approximate retail value: \$75) from Manduka. Total approximate retail value for each first prize awarded: \$143. Five (5) second prize winners will receive ZigZag running shoes (approximate retail value: \$100) from Reebok. Fifty (50) third prize winners will receive Trainer 1 sneakers (approximate retail value: \$85) from Nike. Two (2) fourth prize winners will receive gloves (approximate retail value: \$24) and DVD (approximate retail value: \$20) from Piloxing. Total approximate retail value for each fourth prize awarded: \$44. Fifty (50) fifth prize winners will receive a sports bra (approximate retail value: \$28) from Nike. Ten (10) sixth prize winners will receive NP Short (approximate retail value: \$25) from New Balance. One hundred (100) seventh prize winners will receive a filtered water bottle (approximate retail value: \$10) from Bobble. Fifty (50) eighth prize winners will receive a gift card (approximate retail value: \$10) from Jamba Juice. Total approximate retail value for all prizes awarded: \$8,699. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

ACCESSORIES AND CLOTHING CREDITS CONTINUED FROM PAGES 146 TO 155.

p. 147 on emily: Tee, Daftbird; glasses, 7 For All Mankind. **on olivia:** Top, Daftbird; bracelets, Lulu's; shoes, Forever 21. **on ariel:** Blazer, Necessary Objects; shirt, BB Dakota; bracelets, JCPenney; shoes, Forever 21. **on tashae:** Shirt, Nation LTD; boots, Nine West. **on umi:** Top, Citizens of Humanity; necklaces, AMI Clubwear; gold bangle, JCPenney; yellow bracelet, M. Haskell; bag, See by Chloé; boots, Chinese Laundry. **on isabella:** Tank, Ella Moss; necklace, Lulu's; bracelet, M. Haskell; gladiators, Mix No. 6. **on megan:** Shirt, American Eagle Outfitters; necklace, Lulu's; booties, Forever 21. **on kasia:** Tank, T-Los Angeles; gold necklaces, Ben-Amun; teal necklace, Ettika; watch, La Mer; teal bracelet, Double Happiness; heels, AMI Clubwear. **on olivia:** Blazer, Necessary Objects; tank, Daftbird; sneakers, Keds. **p. 148 on danielle:** Tank, Jonesy; necklace, Lulu's; boots, Report. **on ashley:** Top, Vintage Havana; sneakers, Adidas. **on sarah kate:** Blazer, Rebecca Taylor; shirt, Jonesy; necklace, American Eagle Outfitters; boots, Elizabeth & James. **on marilyn:** Jacket, Lulu's; top, Jonesy; necklace, Double Happiness; bracelet, Ben-Amun; booties, Elizabeth & James. **on aira:** Sweater, B.D. Baggies; gold-and-silver necklace, Lulu's; black-and-silver necklace, American Eagle Outfitters; booties, L.A.M.B. **on deanna:** Vest, Hellz; top, Nation Ltd; hat, Coach; sandals, Olsenboye. **on amanda:** Top, Nation Ltd; studded bracelet, Ben-Amun; wooden bracelet, Lulu's; booties, L.A.M.B. **on brittany:** Jacket, Zana Di; top, Alternative Apparel; moccasins, Minnetonka. **on danielle:** Top, Jonesy; necklace, Sarah & Goldie; booties, Urban Original. **p. 151 on brittany:** Top, Vintage Havana; necklace, Decree by JCPenney; watch, Normal Watches; platforms, Nine West. **on je:** Top, BCBG; hat, Army Navy store; shoes, Forever 21. **on nicole:** Hoodie, Alternative Earth; hat, Army Navy store; heels, Jessica Simpson Collection. **on sandrina:** Top, Joe's Jeans; sandals, Kelsi Dagger. **on ariel:** Tank, Joie; necklace, Lulu's; bracelet, Ben-Amun; moccasins, Minnetonka. **on nicole:** Jacket, Necessary Objects; hat, Army Navy store; wedges, Nine West. **on irena:** Tank, Joie; glasses, Giorgio Armani; wedges, Sam Edelman. **on adrianna:** Top, Obey Clothing; necklace, Lulu's; cuff, AMI Clubwear; green watch, DKNY; leopard watch, Normal Watches; boots, Sam Edelman. **on ashley:** Tank, Sosome; necklace, Lulu's; belt, Diesel; bracelets, M. Haskell; flats, Zigi Girl. **p. 152 on yulia:** Tee, Alpine Stars; bracelets, Target; sandals, Lulu's. **on dominique:** Top, Dimri; necklace (worn as bracelet), Lulu's; heels, Jessica Simpson Collection. **on anjela:** Top, Rebecca Taylor; necklace, Lulu's; bracelet, Metalskin; clogs, Nine West. **on ashley:** Jacket, JouJou; tank, American Apparel; heels, Carlos by Carlos Santana. **on eli:** Top, Tart; boots, Elizabeth & James. **on yuliya:** Top, B.D. Baggies; headband, Lulu's; shoes, Adidas. **on lexi:** Jacket, AMI Clubwear; tank, American Apparel; necklace, Sarah & Goldie; boots, Urban Original. **on frances:** Tank, Sosome; belt and boots, Target. **on ashley:** Top, American Eagle Outfitters; hat, stylist's own; bag, Nine West; sandals, Loeffler Randall. **p. 155 on brittany:** Cargo shirt, Nevermind; tank, Daftbird; watch, DKNY; sandals, Nine West. **on vianna:** Sweater, Buckle; top, Blank; necklace, Lucky Brand; wedges, Toms. **on anna:** Shirt, Bamboo; headband, Lulu's; belt, Aeropostale; boots, Restricted. **on giuli:** Jacket, Union Bay; heels, Fossil. **on sara:** Top, Nation Ltd; necklace, Express; belt, Streets Ahead; heels, JCPenney. **on amber:** Jacket, Rebecca Minkoff; tank, Alternative Apparel; sandals, Loeffler Randall. **on tori:** Top, H&M; belt, Diesel; wedges, Urban Original. **on talita:** Top, Daftbird; hat, Army Navy store; silver necklace, R.J. Graziano; pearl necklace, Lulu's; boots, stylist's own. **on olena:** Button-down shirt, American Eagle Outfitters; tee, Alternative Apparel; necklace, Topshop; booties, AMI Clubwear.

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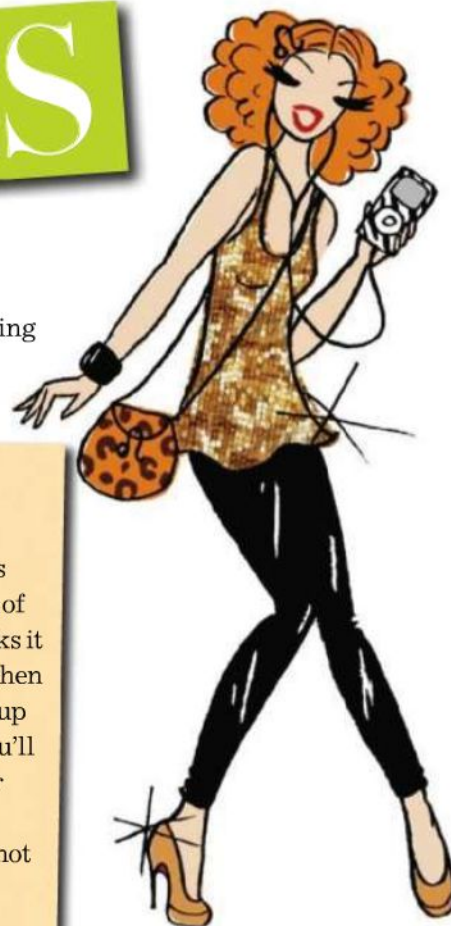
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AUGUST HOROSCOPES

by sally brompton

leo **Jul 23–Aug 22** July was a bit of yawn, but don't give up on summer just yet—Leo girls will set off major fireworks in August! If you've been thinking about having a party, plan it for the 10th, when the new moon will put the spotlight on *you*. Your entire crew will talk about it as The Event of the Summer!



virgo

Aug 23–Sep 22

The cute guy you've been crushing on is the king of mixed signals, and it's driving you nuts. But on the 14th, when Uranus moves back into the relationship area of your chart, he'll be ready to express his feelings face-to-face, so you'll *finally* know what's up.

libra

Sep 23–Oct 22

After the first week of August, Venus will be in your sign, and you won't be able to resist flirting with every guy you meet. The romantic energy will be a rush, but guys will believe *anything* that trustworthy Libras tell them: Be careful not to lead anyone on!

scorpio

Oct 23–Nov 21

It's summer, but black is still your fashion shade of choice—and no one rocks it quite like you do! But when Pluto and the sun hook up at the end of August, you'll get the urge to add color (surprise!) to your look, catching the eye of one hot dude in particular.

sagittarius

Nov 22–Dec 21

Sag girls love to party, and thanks to Jupiter, you've had a blast all summer long. So when Saturn, the planet of responsibility, shows up on the 16th, it will be a big buzzkill. Look at it this way: Having to work late or babysit at the last minute *will* bring in extra cash. . .

capricorn

Dec 22–Jan 19

A sweet guy has been trying to hang out with you forever, but you haven't felt any sparks. When another girl goes for him on the 4th, Jupiter and Mars will bring out your competitive side. Before anyone gets hurt, decide if it's *him* you really like or just the chase.

aquarius

Jan 20–Feb 18

An end-of-summer getaway the weekend of the 20th will be even more fun than you'd planned! Venus and Mars will link up in the adventure area of your chart, and you'll meet a great new guy. You two will connect instantly, but this could be *long-term*.

pisces

Feb 19–Mar 20

You're always in the middle of a creative project, but you tend to keep the final products to yourself. The full moon on the 24th will push you to finally show your latest masterpiece to your girls, who will be amazed by your talents. Soak up the praise, Pisces!

aries

Mar 21–Apr 19

When you see your guy chatting with your BFF on the 10th, you'll have a tough time keeping calm. Before jumping to any conclusions, know that Venus (the planet of love) and Pluto (the planet of jealousy) will conspire to stir up trouble then. The chat could mean nada!

taurus

Apr 20–May 20

The sun will move through a sensitive area of your chart this month, leading to *major* mood swings. To cope until the 23rd (when the sun switches signs), keep an upbeat playlist in constant rotation: Nothing boosts a Taurus girl's spirits like her favorite tunes!

gemini

May 21–Jun 20

School may still be out, but Gems will get a chemistry lesson at the start of August! Love planet Venus will be in your favor for the whole month, but when it teams up with Saturn on the 8th, you'll get one-on-one time with a special guy, and the attraction will be fiery!

cancer

Jun 21–Jul 22


People who assume you're all quiet and shy would be shocked to read your crazy Facebook updates. Just be careful what you type on the 20th: When Mercury turns retrograde, a post about a friend that's *supposed* to be funny could come off as just plain cruel.

A high-energy photograph of Demi Lovato performing on stage. She is wearing a black leather jacket over a teal top and black pants, with one leg raised in the air. She is smiling and holding a microphone. The background is dark with bright stage lights and a crowd of fans reaching out their hands.

got milk?

Make a splash.

On stage I get my energy from my fans.
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14X VOLUME
UP TO 70% LASH LIFT

OUR **BIGGEST,**
BOLD-LIFT BRUSH EVER



Lily Cole is wearing The Max Bold Curves Mascara in Black.

* The U.K.'s #1 Mascara Brand based on IRI volume sales data 52 w/e February 20, 2010.

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